AUSTRALIAN

DOGS

and

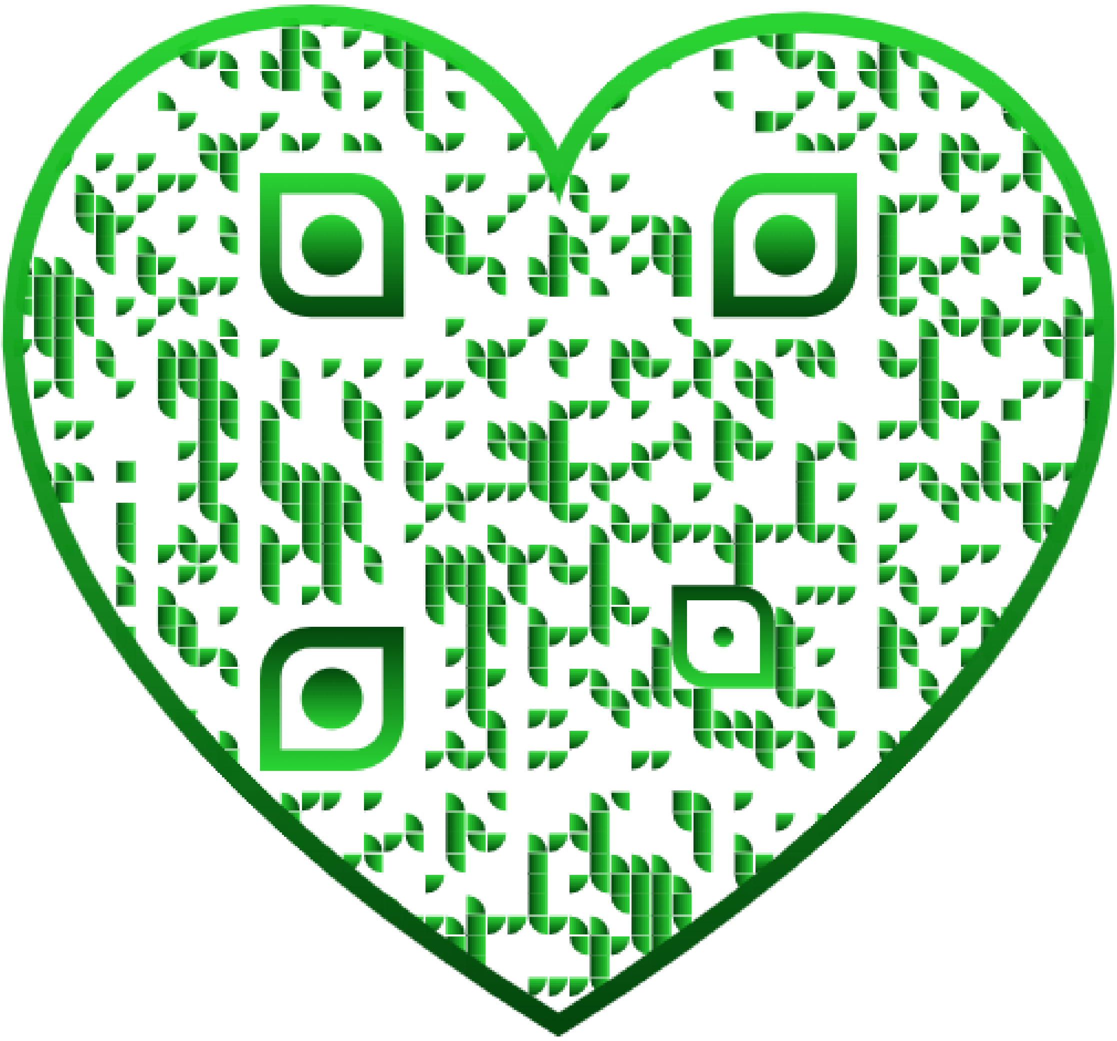
Best Child
Friendly Breeds

Samoyeds &
ENGLISH COCKER
SPANIELS

The World
of Dog Sports

Plus
- Learn all about fleas and ticks
- Tips for teaching your pet manners

Cats • Cockatoos • Fish



Contents

Issue 10

Your Pets

4 Readers' Stories

Breed Profiles

6 Samoyeds
24 Russian Blue
62 English Cocker Spaniel

Features

14 Interview with an Author: Carla Francis
32 The World of Dog Sports
36 All About Catnip and Cat Grass
40 Pets and Their Impact on our Mental Health
48 Australia's Best Doggy Day Spas

Choose a Pet

56 Cockatoos

Tips

10 Teaching Manners
28 Best Child Friendly Breeds
52 Controlling Ticks and Fleas

contents

Working Pets

18 Sled Dogs

We Care

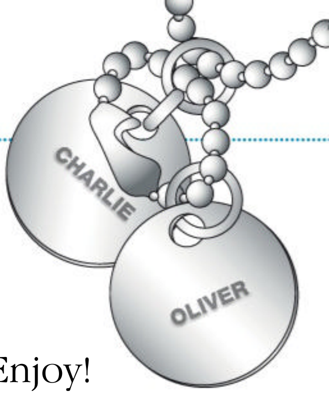
44 Cat Protection Society

My Pet

60 Buddy

Regulars

38 Shopping Guide



Readers' Stories

Here's our first instalment of pets and their proud owners. Enjoy!
If you'd like your pet(s) to be featured, please send us your story and pics.

Celeste

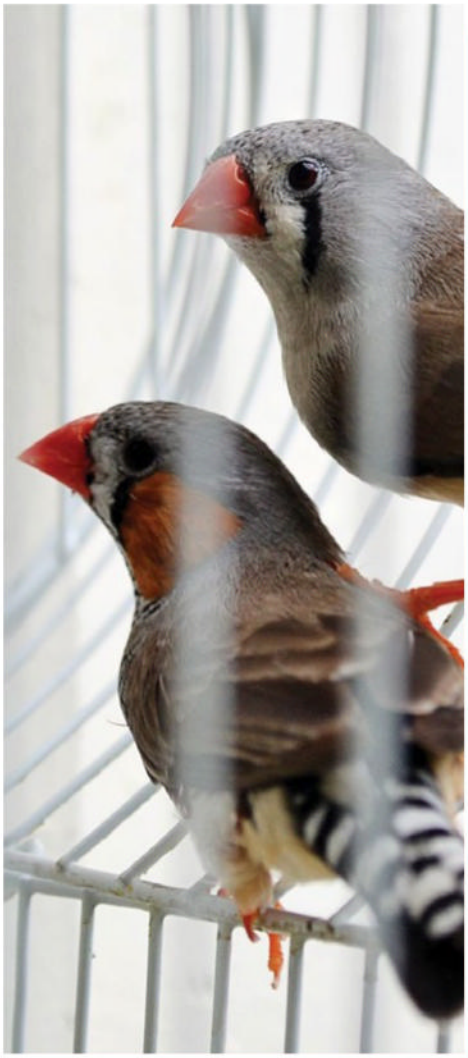
Our beautiful kitty Celeste is the queen of the house! She can be quite demanding but we love her all the same. In the evenings, she will curl up with the family while we watch TV – as long as she gets to decide where to sit...

Jane, VIC

Nellie & Chewbacca

These are my 2 dogs, Nellie and Chewbacca. Aren't they cute? Love the mag!

Kate, QLD



Sammy & Charlie

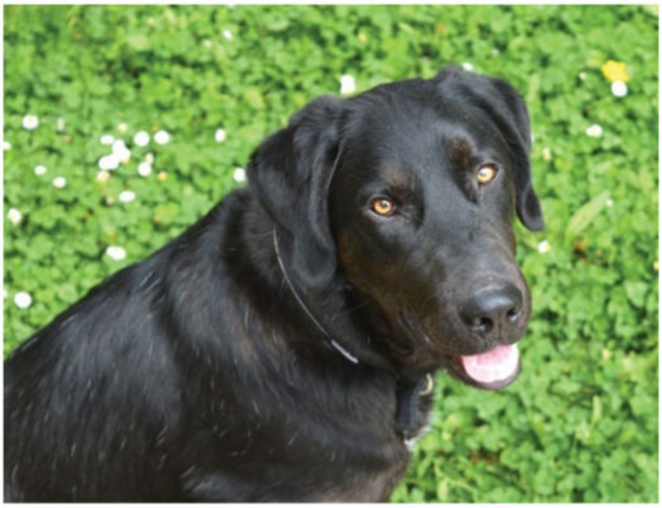
Loved the piece on Finches in issue seven. This is our set up at home – Mum can't get enough of these two. Thinking of getting Sammy and Charlie some mates soon...

Alex, VIC

Benny

This is our handsome lab Benny. Benny loves to visit the dog park, play with his friends and chase birds around the backyard. He is the sweetest pup you will ever meet and is best friends with his human.

Shannon, TAS



Cookie

We found Cookie stuck in a drain next to our driveway. After a long night and the help of some friendly neighbours we rescued Cookie and haven't been able to let him go since. Looking all spick and span in this pic – he definitely wasn't this clean when we first found him.

Britt, NSW

Mr Pancakes

This is my fur baby Mr Pancakes the Pug. He loves attention and gets it wherever he goes! We love to buy him little costumes and he loves wearing them (probably because of all the pats he gets when wearing them!) He has been a part of our family for 3 years now and we love him to bits! Every day is an adventure with this cheeky pug!

Court, NSW

Samoyeds

The Samoyed is a smart and friendly breed, known and loved for its lush white coat, joyful smile and affectionate nature.

History of the Samoyed

The Samoyed, affectionately known as "Sammy" and "Smiley", is an ancient dog breed that belongs to the Spitz family of dogs. Samoyeds originated in Siberia around a thousand years ago, where they were used to hunt, herd reindeer and pull sleds for the Samoyede people. The Samoyede people were peaceful nomads who showed extraordinary love for their "Bjelkiers" (Samoyeds) and treated them as members of the family. The puppies were given a special place in the tents (called chooms) and were allowed to move around freely. The gentle nature of the Bjelkier dog meant that they were trusted to babysit the Samoyede children, yet their strength and agility meant they could also drive away polar bears and packs of wolves.

During the 17th and 18th century, the Russians began exploring Siberia and became enamoured with the Bjelkiers due to their beauty. The Russians quickly saw the value in using the dogs to pull the sleds of tax collectors as well as the sleds of their explorers in Siberia. It wasn't long before word got around to other explorers about the Bjelkiers and their abilities. At the turn of the 19th century, the Samoyeds were brought out of Siberia to pull sledges in the Artic and Antarctica. These dogs endured terrible conditions and only few survived the expeditions. Sadly, this was largely because the explorers did not understand the physiology of the dogs and would shear their coats, causing them to freeze.

In the late 1800s, the Samoyed breed was developed in England by the Kilburn-Scotts of the Royal Zoological Society. The breed, due to their beauty and friendly nature, quickly become popular with the influential, wealthy people of British society. But it is as a result of their history with the Samoyede people that the Samoyed today is an extremely loving and gentle breed that displays unequivocal loyalty to their human companions. Despite their snowy origins, Samoyeds have adapted well to warmer climates thanks to their insulating coat, which keeps them cool in warm climates as well as protecting them from the cold. However, Samoyeds do not cope well in very hot climates, so they should be kept well-hydrated and indoors with air conditioning.

General Appearance

Samoyeds are a strikingly beautiful and elegant looking breed. With their natural

Fact file

Size: Samoyeds reach a height of around 50cm and a weight of 20kgs for females, and a height of 60cm and a weight of 30kg for males.

Lifespan: A life expectancy of 12 – 15 years when provided with proper care.

Appearance: Samoyeds are known for their thick, double-layered coats that mostly come in pure white, but have been known to feature shades of biscuit and cream.

Suitability: Suited for a family who would love an indoor dog. You will also need the time and room to exercise and train your Samoyed.

‘sammy smiles’ – the slight upturned corners of the Samoyed’s mouth – and their fluffy white coats, it is hard not to be enamoured by these adorable dogs. Samoyeds are considered to be a medium-large breed, reaching a height of around 50cm and a weight of 20kgs for females, and a height of 60cm and a weight of 30kg for males. They have compact, muscular bodies with a distinctive ruff around the neck and shoulders. Samoyeds are known for their thick, double-layered coats that mostly come in pure white, but have been known to feature shades of biscuit and cream. Their ears are erect and triangular, their noses can be black, brown or liver, and their eyes are dark and almond-shaped.

Temperament

Samoyeds are good-natured and exceptionally friendly and affectionate dogs that easily win the heart of both children and adults alike. Their cute teddy-bear like appearance is somewhat deceptive though – while they are certainly cuddly and approachable, they are also keenly intelligent, robust and free-spirited. This breed is not one to be underestimated. They require firm and stable leadership, along with regular mental and physical exercise, otherwise they may engage in destructive behaviour such as chewing and obsessive barking.

Samoyeds make ideal family dogs due to their lively, playful and sociable personality. They are also easy-going and extremely patient, which makes them trustworthy around young children – just don’t expect them to guard your property as they are also friendly with strangers! Samoyeds are very devoted and loving towards their family, and it is essential that they receive lots of love in return and are included in your daily life – they can easily sense if they are being left out. While it is possible for Samoyeds to live in harmony with other non-canine animals, they must be properly trained to do so, as they have a natural herding and hunting instinct. If there is a way to escape, the Samoyed will find it, so a securely fenced yard is essential!

Choosing a Samoyed

If you are thinking about welcoming a Samoyed puppy into your family, you must first carefully consider whether they will fit into your lifestyle. A Samoyed pup will grow up to be your loving companion for the next 12-15 years, and in order for them to be happy and healthy, they need to feel like they are an important part of the family. This means that they must be provided with a hearty amount of affection and attention like any other member of the family and should not be left alone for long periods of time; ideally they will be an indoor dog. You will also need time the time and room to exercise and train your Samoyed.

If you decide that the Samoyed is the right dog for you and your family, make sure that you source your pup from a trustworthy and reputable breeder. You should observe the litter of puppies and see how they interact with each other – note which ones are outgoing and bossy, and which ones are quiet and submissive. Most families do well with a pup that is neither the leader of the pack nor the meekest. The best strategy is to pick a puppy that is curious, friendly and trusting. It is also a good idea to see how the puppy behaves away from its littermates, as this will be more indicative of what he/she will be like at home.

Caring for a Samoyed

Training

It is important to train your Samoyed while it is a puppy, as they are a free-spirited and highly intelligent breed that will resort to destructive behaviours if they lack guidance and stimulation. It is recommended that puppies and their owners attend socialisation and obedience classes. This breed is receptive to voice training and relatively easy to train in the sense that they are eager to please their owners, but make sure that you are consistent and confident otherwise your Samoyed may end up running your household! Remember that consistency and patience are key factors when it comes to effectively training your Samoyed. Avoid using harsh training methods as they are not necessary.

Grooming

Samoyeds require regular grooming in order to keep their beautiful coats in good condition. This involves very frequent brushing sessions, so be sure to start brushing your Samoyed when he is a puppy so that he gets used to it. Thankfully their coats fend off dirt very well, so your Samoyed will almost always be odour-free with a clean appearance. This means that you will rarely need to bath him. The Samoyed's coat insulates them from the cold and moderate heat, so it does not need to be clipped apart from the occasional trim of fur between their paws. Keep in mind that Samoyeds shed profusely twice a year, during which time you will need to brush him daily and vacuum your home much more regularly.

Diet & Exercise

If you purchase your puppy from a reliable breeder, you will likely be provided with a complete feeding plan. Samoyed puppies require three small portions a day of good quality food with 22-24% protein and 12-15% fat in order to encourage slow, steady growth. Keep your adult Samoyed at a healthy weight by measuring his food and feeding him twice a day. Do not free feed your Samoyed as they can easily become overweight. When it comes to exercise, Samoyeds require around an hour of vigorous activity every day, which can include daily walks, hikes, play sessions in the backyard, and even obstacle courses. Puppies, however, should not be over-exerted otherwise this may put strain on their joints and can lead to problems later in life.

Health

Samoyeds are generally a healthy breed with a life expectancy of between 12 and 15 years when provided with proper care, nutrition and exercise. Increased health risks associated with this breed include a genetic disease known as Samoyed Hereditary Glomerulopathy, which causes the kidneys to malfunction. Symptoms can appear in Samoyeds as young as three to six months of age, and include excessive drinking and urination, vomiting, and decreased appetite, to name a few. There is no cure however the disease can be slowed down with medication. Other potential health issues include hip dysplasia, cataracts, glaucoma, and diabetes. Consult a veterinarian as soon as possible if you think your dog may be ill.

Hints and tips for looking after your pet

Teaching Manners

By Nadia Crighton for Pets Training and Boarding

It's a common site at many off leash areas around the country… dogs behaving badly! From unruly behaviour such as jumping on strangers, to pulling on the lead, some dogs and their owners are in desperate need of some quality doggy advice when it comes to manners.

Teaching Manners

Common Doggy Complaints

- Pulling on lead
- Not listening
- Will not respond to training with distractions (AKA off leash area or other dogs)
- Digging
- Excessive barking
- Pushing past people in doorways
- Jumping
- Destructive behavior
- Humping
- Aggression around food and bones
- Begging around food
- Food stealing
- Anxiety
- Aggression

"Some dogs are in need of training and understanding to help them adjust to the human world they reside in," Luana Osmani, from Pets Boarding & Training says. "Commonly it will be certain triggers that will cause a dog to behave badly, or the lack of knowledge of how to prevent and reduce the problem."

Some of this bad behaviour is battled behind closed gates and away from the preying eyes of other dog owners. These behavioural problems can leave many owners scratching their heads over what to do with some turning to the endless, and sometimes unreliable, information on the internet.

"Bad manners can be described as any annoying or unpleasant behavior a dog is exhibiting," Luana says. "This can be anything from jumping on guests, barking at strange dogs, pulling on the lead and the like."

The key with all bad behavior is to first recognize that there is a problem, and secondly to make a promise to understand and solve it. The longer you leave an undesired behavior to fester, the longer it can take to rectify.

It's also about being realistic, especially when your expectations of your dog change. Cute puppy behavior, such as jumping and licking, is not so adorable from a 45kg fully grown dog. Neither is a dog that knocks you, and your arms-full of shopping, over when excitingly greeting you at the door. It's all about teaching your precious pooch manners.

A professional dog handler can give you correct instruction on how to resolve your pet problems in a gentle and nurturing way, regardless of their age or size. Adequate training can also help keep your dog safe during emergency situations, such a dog fight, or car accident.

"It's advisable to only seek professional advice when it comes to the behavior of your dog," Lunana suggests. "Self-diagnosing your pet's problems on the internet can lead to more issues, enlisting the expertise of a dog handler or trainer is a must."

"The good news is this can all be prevented and helped with training," Luana smiles. "With a little understanding and work you can really iron-out any behaviour you want."

The key is asking for help and calling in the professionals. Today, the dog professionals understand dog behaviour

more than ever. Meaning; their experience will allow you to fully comprehend how your dog is feeling and why. Understanding your dog's problems and seeking advice is a big positive tick for the responsible dog owner, so making the call to get help will not only help your dog, it will also improve the bond you share and also help upkeep the good name of the canine (cue big back pats).

Enlisting in a trusted dog handler and trainer can help you appreciate and recognise your dog's strengths and weaknesses. It can also make you aware of any concerning behaviours that need to be addressed such as aggression and anxiety.

"When you understand why your dog is behaving the way they are you immediately begin to improve the bond that you both share," Luana says. "Once you start working alongside your dog you will both reap the rewards of a loving and understanding relationship, without the stress."

A well-trained dog is a happy dog. It is evident that all dogs thrive at training. It is not only good for their brains but also their general wellbeing.

"A well-trained dog is much more likely to be exercised correctly and in most instances, be a well-adjusted happy dog," Luana says. "If you are having problems with your dog's behaviour calling in the experts will hugely help improve the issue."

TOP TRAINING TIPS

Excessive Barking - Enrich your dog's environment with boredom busters like treat balls and kongs. Give your dog a daily challenge to keep them occupied and ensure you are exercising adequately.

Jumping - Do not make a fuss of your dog when you arrive home, just completely ignore them and turn your back until they are quiet. When guests visit, pop a leash on your dog and ask them to 'sit' and 'stay' reward and for good calm behaviour. Ask your guests to only praise your dog when they are calm.

Aggression - All aggression issues should be seen by a professional dog handler to help understand what the aggression is caused from. However with food aggression, the best tip is to start young. Encourage your children to play the 'pick up after pup' game where they pick up the spilled biscuits and put them back in pup's bowl as he eats. Teaching your young pup that having hands in food while they are eating is not a big deal is very important. Also take bones and toys away from your young pup (remember to give them back). Prevention is the best cure for any food aggression in dogs. For older dogs with food aggression...call in the experts. Owners will need to be trained in how to deal with aggression problems. Understanding the triggers and reasons why your dog is acting aggressively can give dog owners a sense of relief and control.

At the Vet - Being able to examine a well-trained dog makes the task much easier on your vet. Being able to confidently ask the dog to 'sit' and 'stay' for thing such as blood tests is very valuable. Dogs that are not well-trained can easily become fearful during stressful situations, such as a trip to the vet.

A dog that looks to you as their strong, solid leader is confident that they are OK when placed in an uncomfortable situation. Training not only gets you and your pup working as a team, it also screams to your dog that you are a top leader, and a rock-solid source of confidence. In other words... they will trust you more during a freaky situation - "you got this buddy".

Training commands that can help during veterinary examinations:

Fingers in the mouth -Teach your dog that it is OK for people to touch their mouths. Makes a dental check-up much easier and more thorough.

Fingers in toes - Teach your pup and dog it is also OK for people to touch their paws. This can help during examinations for grass seeds, nail issues and even allergies. Dogs that allow people to touch their paws also find nail clipping a breeze.

Sit, Drop, Stay - Being able to ask your dog to sit, drop and stay can help hugely during an examination. Some dogs are so good that they don't even require sedation during x-rays. This is not only better for your dog, but can also save you money.

Contact Details

Do you have a training question or topic you would like answered from the professional dog handling team at Pets Training & Boarding? Email us your questions today and you could be featured in the next issue of Australian Dogs and Pets magazine!

Email:
media@petstrainingandboarding.com.au
Web: www.petstrainingandboarding.com.au

Interview with an Author: Carla Francis

We spoke to the author behind 'Travelling with Pets on Australia's East Coast,' to find out what it's really like to hit the road with your pets!

Carla Francis is a freelance writer and a devoted pet owner who can't stand to leave her pet behind when she travels. From charming cat cabins to cute cockatiel-friendly caravan parks, she has left no stone unturned in her quest to provide a definitive guide to pet-friendly accommodation on Australia's East Coast.

Have you always had an interest in animals?
Growing up my family always had animals, and I spent most of my weekends at the stables and competing at local Horse Shows. Their lack of words became my inspiration to find the words to share their profound effect on me. About ten years ago I began volunteering locally for WLPA in Sydney and now support a wide variety of animal charities. Last year, when I was on holiday in the Philippines we rescued a very sick kitten that we now sponsor through AKLAN Animal Rescue, who do a wonderful job with very limited resources.

Tell us a bit about yourself and your background as a writer.
Writing has always helped me make sense of the world. As an only child, I was often alone and writing has helped me express my emotions honestly. When I was young I wrote about horses, as an adult I write about cats and dogs.

Before Travelling with Pets on Australia's East Coast was published, I'd studied politics and communications at university and wrote for the university magazine. I

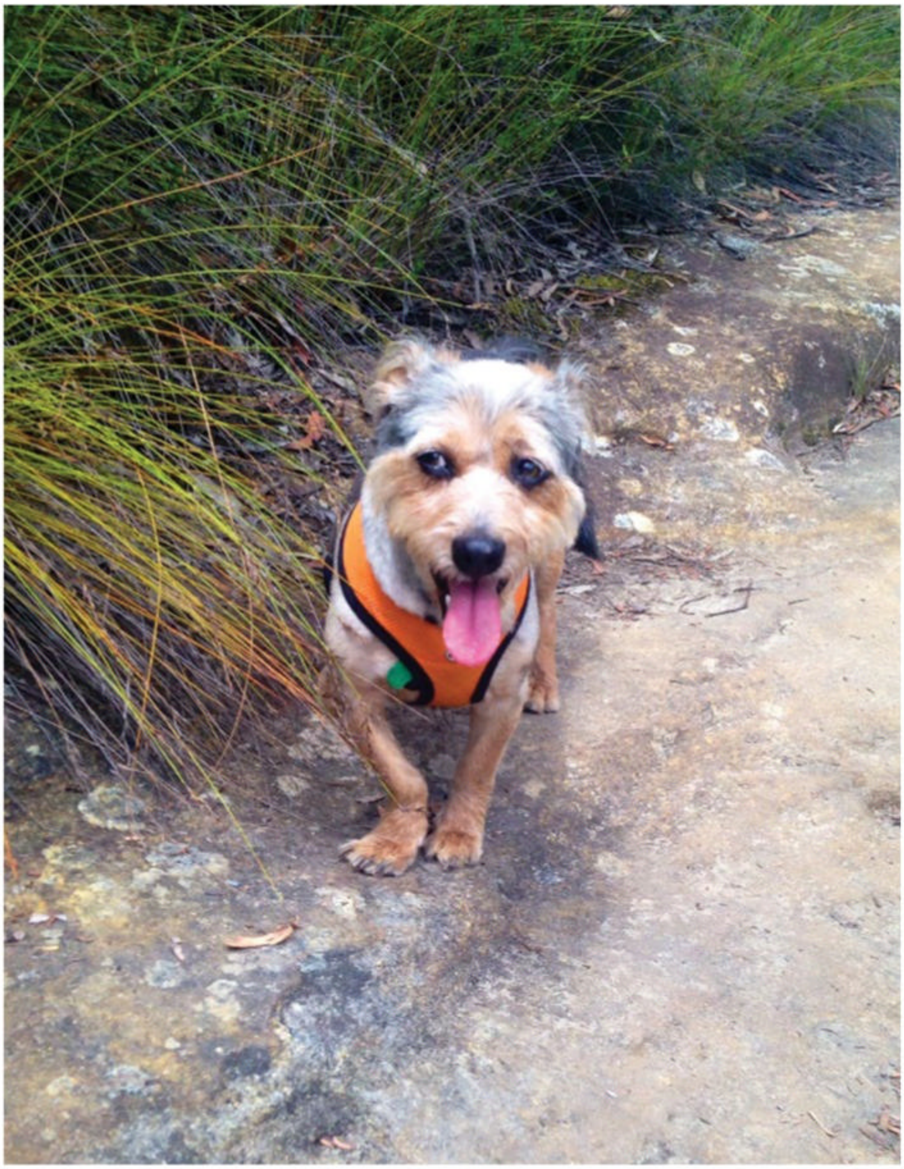
contributed articles to magazines about my experience of travelling internationally with pets, and then I moved on to write about travelling within Australia. Since the book's publication I have contributed to magazines and newspapers both in Australia and overseas about pets and travel.

What gave you the idea to write Travelling with Pets on Australia's East Coast?
That's an interesting question. In 2010, I started contributing travel pieces to various magazines about where to take your pet. At the time, there was not much information out there. Then I decided to combine my articles into a book and contact a publisher. It didn't take long for Woodslane Press to come on board. One of the main inspirations for writing the book was after living in Japan for almost four years, and seeing how pets are often treated like people there. I saw couples on camping holidays with their cats and dogs. Also, the experience of bringing my rescue cat "Gershwin" from Tokyo to Sydney was very educational. Before that I hadn't had much personal experience of shipping pets internationally. My aunt had moved all around the world with her Maltese terriers, so she gave me lots of helpful advice.

What can you tell us about the book?
The inspiration for the book was the lack of a reliable guides for people travelling with pets. I'd wasted too many frustrating afternoons trawling through websites, searching for pet-friendly accommodation for hours on end, only to be disappointed by the realisation that what I was looking for didn't really exist. Travelling with Pets on Australia's East Coast aims to fill that gap and provide pet owners with vital, easy-to-use information in a single space – no more frantically checking multiple sources!

Published by Woodslane Press, an Australian-owned company, this book presents a brief, unbiased opinion for each entry, plus the main details of price range, which pets are welcomed and the property's contact information.

The new third edition has just been released and we have included more inland routes especially on the well-travelled Newell Highway and Melbourne to Sydney route. The book also contains a dog-friendly beach and park guide and we are currently adding more pet-friendly places likes cafes and vineyards to the website. The new



edition's name has been changed from Pet-Friendly Accommodation to Travelling with Pets on Australia's East Coast to reflect these new additions.

Has writing Travelling with Pets on Australia's East Coast brought you any exciting opportunities?
Yes, it has. The best part was the great pet people I met when researching the book. I loved hearing their stories and recommendations of places to stay. When the book was released I was lucky enough to be asked to be a guest on SBS radio to talk on the topic of pet travel. This year I will be at the Dog Lovers Show to do book signings. Through my website and Facebook page I am able to have contact with readers who often recommend new places to take your pet. It's great to be part of an animal-loving community – and through this I try to give back to animal charities as much as possible.

What is the best thing about travelling with animals?
Not leaving them behind! If I ever have to travel without them, it can really dampen the excitement of the trip because I worry about them so much before I leave and while I'm away.

What is the trickiest thing to deal with when on the road with your pets?
I'd say keeping them quiet on long car journeys and making sure they don't get lost when you are in an unknown place. Always have them wear ID tags.

What is your favourite destination to travel to with your pets?
Close to home, I love the Glebe Foreshore Walk in Sydney. For weekends away, I would have to say the Blue Mountains. There's nothing better than staying at Holly Lodge in Medlow Bath curled up next to an open fire with my four-legged friends. There's a great dog-friendly walk in Katoomba called Minnehaha Falls, which is absolutely stunning. When I was researching the book, I travelled from Northern Queensland down to the Great Ocean Road in Victoria. And I must say the beaches north of Cairns were absolutely stunning – and dog-friendly! I also like Byron Bay and dog-friendly Belongil Beach in NSW. In Victoria, the seaside town of Lorne, and the dog-friendly coastal walk behind the pet-friendly caravan park Marengo Holiday Park.

Are you working on any interesting projects at the moment?
I'm currently working on a travel memoir set in Japan that is both anecdotal and journalistic. It's an investigation of the role that animals play in the life and culture of the Japanese and is interspersed with experiences both funny and shocking.

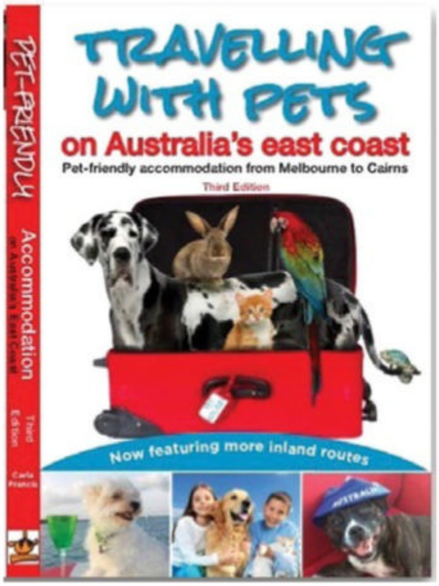
Another project that is in the pipeline is a pet wellness product. I'd been purchasing a pet health product all the way from the US and it turns out, there's a really exciting natural Australian alternative to this!

Travelling with Pets on Australia's East Coast
Independently researched and collated, this newly updated third edition explores the best pet-friendly accommodation (from 5-star hotels to campgrounds) between Melbourne and Cairns.

Every entry includes a brief, unbiased opinion plus details regarding price and which pets are welcome. Also in the book are details regarding great dog-friendly beaches and parks to be found on the way.

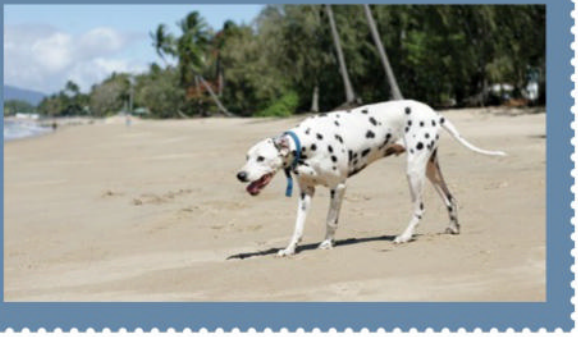
Read more about Travelling with Pets on Australia's East Coast in the Book Review section, featured on page ??

Contact Details
Web: www.pet-friendlyaccommodation.com.au
Facebook: www.facebook.com/petfriendlyaccom
Twitter: @carla_francis1
Instagram: @petfriendlyaustralia


PET-FRIENDLY
TRAVELLING WITH PETS
on Australia's east coast
Pet-friendly accommodation from Melbourne to Cairns
Third Edition
Now featuring more inland routes
Accommodation
Third Edition
Carla Francis

Carla's Best Travel Tip

"I would say the most important thing is to plan ahead. Pack everything your pet needs on the road. I always have a travel bag that's permanently filled with things like a first aid kit, a pet calming spray, antibacterial wipes and pet food. To my surprise, I discovered recently that my pet's microchip was only identifiable in NSW, the state it was registered in – not nationwide. That's a scary thought! What happens if you lose your pet in a different state? So, now all my pets wear an inscribed nametag as well!"



Sled Dogs

Sled dogs have played an important role in the history of humankind

Sled dogs are an important part of human history. In fact, human habitation and survival in the Arctic may not have been possible without sled dogs, which have been around since 1,000 A.D., when they were first used by the native and Inuit people in the northern parts of Canada. At first there was typically only one dog to a sled, pulling small amounts of cargo such as firewood. However, we soon realised the potential benefits of using larger groups of dogs to pull heavier cargo, as well as people, over longer distances. The use of sled dogs greatly increased our ability to hunt and travel in the wintertime.

Before long, word got around and the use of sled dogs began to spread to other parts of the world. Sled dogs were essential in the first explorations of the Arctic and Antarctic Polar Regions in the early 1900s. Most of the early attempts to use sled dogs in exploration failed, however, as the explorers did not know how to handle or care for the dogs properly. Combined with the explorers' inexperience and the harsh conditions, many of the dogs did not return from the expeditions. One of the more notable expeditions involving sled dogs was the Norwegian Antarctic Expedition, where Roald Amundsen led a team of five men to become the first to reach the South Pole in 1911.

Sled dogs were crucial to our ability to survive, hunt, travel and explore for thousands of years, but humankind's reliance on sled dogs only ceased up until fairly recently. Due to its particularly harsh climate and the fact that reliable mechanized transport was not available in the region until later on, Antarctica relied

on sled dogs for transportation up until the 1960s and 70s. Since then, sled dogs have been used in Antarctica as "back-ups" to mechanized transport or for recreational purposes, and are still very much a part of the culture and way of life in not only Antarctica, but many arctic regions.

Dog Sled Racing

Although we no longer need to rely on dog sledding to transport cargo, that doesn't mean dog sledding is obsolete – in fact, nowadays it is a sport enjoyed all over the world, particularly in arctic regions of the United States, Canada, Russia, Greenland and some European countries. Dog sled races even take place in Australia! The first dog sled race took place over a century ago in Alaska, although historians suspect that casual dog sled racing has been around for much longer. Dog sled racing is the timed competition of teams of sled dogs that pull a sled with the dog driver (called a "musher") standing on the runners. The team that is first to complete the course is the winner.

The biggest and most well-known long-distance race is the Iditarod Trail Sled Dog Race, which takes place annually in early March in Alaska. The Iditarod began in 1973 and attracts competitors from around the world. The Iditarod is such an esteemed event that the top mushers and their dogs are local celebrities. The race begins in Settler's Bay and finishes in Nome, and can take anywhere from 8 – 15 days. The teams often endure harsh conditions, including blizzards and sub-zero temperatures, during their journey through the beautiful yet tough landscape of forests, hills, mountains and rivers.

"The Last Great Race" 1049 miles
ANCHORAGE TO NOME
IDITAROD TRAIL RACE
10
ExxonMobil
GCI
ANCHORAGE CHRYSLER DODGE
START
Fred Meyer

Sled Dog Breeds

Originally, Siberian Huskies and Canadian Inuit dogs were used for sledding. Nowadays the Alaskan Husky is by far the preferred type of sled dog. Although not officially recognised as a breed, Alaskan Huskies were bred specifically for the

Common Commands for Sled Dog Teams

Hike – Get moving ("Mush" and "All Right" are sometimes also used)
Kissing sound – Speed up; faster
Gee – Turn to the right
Haw – Turn to the left
Easy – Slow down
Whoa – Stop
On By – Pass another team or other distraction

Sled Dogs Down Under

Australia has put its own unique spin on dog sled racing by bringing it from the snow to the bush, where the dogs are used to pull a large scooter or a rig (depending on the size of the team) across a dirt track. The Australian Sleddog Sports Association (ASSA) holds numerous events throughout the year around the country in rural setting, as well as the more traditional snow races. Visit www.assa.asn.au for more information.

Australia is also home to a few dog sled tour companies, such as Howling Huskys in the snowy mountains of Victoria, which are a fantastic opportunity for the public to tag along on sled rides and interact with the dogs. Visit www.howlinghuskys.com.au for more information.

purpose of pulling sleds for as long as possible. They were created by breeding the original sled dogs with many other different breeds, including German Shepherds and Greyhounds, in order to enhance endurance and strength. They tend to resemble Siberian Huskies and their temperaments vary, however they are typically gentle and friendly. Alaskan Malamutes were also used to pull sleds in the past, however this breed has fallen out of favour as they have are prone to aggression and are much slower than Huskies.

Ideally, a sled dog will be smart, sociable and have an insatiable urge to get up and go. They should also have tough paws and a healthy appetite with no digestive issues. Depending on what role the dog plays in the team, they will need to display certain skills. For example, lead dogs are expected to be independent thinkers – they must be willing to disobey instructions if those instructions prove to be dangerous (e.g. could lead them off a cliff). However for a team dog (positioned between the swing and the wheel dogs), it is more important to be tough and strong, as they provide the bulk of the pulling power.

Sled Dog Training

Sled dogs require months of training to get them to work together as a team. Once they have been trained though, the dogs can remain in top form for up to ten years. Proper training, which involves attaching the dog to a sled and getting them to run, starts at around nine months of age. Prior to that, the puppies are often raised by assistants who will run them through obstacle courses or encourage them to chase quad bikes. By the time they are two years old, the dogs will be ready to race and the trainer will form a team of dogs that work well together.

The dog team drivers are known as "mushers". The word is thought to have come from early French explorers and their word "marche", which meant "go, run" and was used as a command to get the dogs to start pulling. It is not uncommon for mushers to end up training dozens of dogs before they select their core team. A sled dog team consists of lead dogs at the front (to set the pace and ensure correct direction), followed by swing dogs (to ensure the team follows the turns led by the lead dogs), then team dogs (to pull the sled and help maintain speed) and finally wheel dogs (to pull and steer the sled).

Typically, sled dogs will run harnessed to a sled for around five hours a day, five or six days a week. In long-distance races like the Iditarod, they will run for around 12 or more

hours a day with three – six hours' worth of rest. In off seasons, mushers may harness their teams to wheeled carts and let the dogs pull them along snowless dirt roads in order to maintain the dogs' fitness levels throughout the year. On average, sled dogs burn between 10,000-14,000 calories a day (an average house dog will only burn 1,000). In order to replenish their energy levels, the dogs must eat a hearty diet rich in protein and calories – generally, they will be fed raw meat and kibble mixed with water to help them stay hydrated, as many won't drink plain water.

The Musher/Dog Relationship

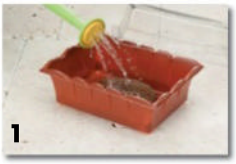
The relationship between the musher and the sled dog team is of utmost importance. In order to work well together, good mushers will get to know each of their dogs because they recognise that every dog is an individual with a unique personality. Developing an effective two-way communication is critical – it is up to the musher to understand, give cues and read the body language of their dogs. Many mushers will also cite trust as an important quality of a musher/dog relationship. If the musher doesn't trust their dogs, or vice versa, things can easily go wrong.

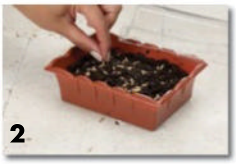
Mushers must assert themselves as the alpha of the park. This means that the dogs will listen, trust and obey them, but it also means that the musher's mood can affect the whole team. The musher needs to keep a positive mindset, as dogs will be able to sense if their alpha is frustrated or disheartened. Mushers must also be vigilant about their dogs' health, particularly their feet. There is a popular expression amongst mushers: "As go their feet, so go the dogs", meaning that everything depends on the dogs' feet – even minor issues will lead to trouble if they are not dealt with quickly.

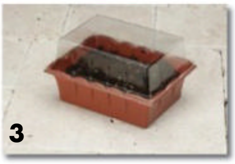
Easy and lasting supply of fresh Catnip and Cat Grass

All-in-one seed raising kits

Each kit contains
- Jiffy® Quick Soil Pellet
- Reusable Greenhouse
- Packet of Seeeds


1


2


3

4

cat grass kit
all-in-one cat grass kit

RRP $5.95

Cat Grass

Cat Grass is beneficial to your cat's diet as it aids digestion and provides a supply of essential vitamins and minerals

catnip kit
all-in-one catnip kit

RRP $5.95

Catnip

Catnip is a highly perfumed perennial plant that encourages playful behaviour in your cat

Available at Bunnings and independent garden retailers nationwide.
For more information go to **www.mrfothergills.com.au**

Available at BUNNINGS warehouse

Russian Blue

A sleek and sophisticated breed, Russian Blues have a gentle nature and can be a loyal friend to their owners.

History

Due to their thick coats, it is believed that the Russian Blue most likely originated in an area with a colder climate. As with many other breeds, very little is known about their origins, although the development of the breed occurred in the late 1800's, mostly in Britain and Scandinavia. The Russian Blue's first recorded appearance was at an exhibit of cats in 1875. At this time, breeding and placing cats in show was a popular hobby and it was common for the Russian Blue to compete against other blue cats of different breeds.

The Russian Blue was described as handsome and "particularly furry" with comparisons made to wild rabbits. At this time, Russian Blues had several nicknames such as Archangel Cat, Maltese and Foreign Blue. In 1890, Mrs Carew-Cox began to import and breed Russian Blues so they could compete in various shows and events throughout Britain. Up until 1912 the breed had competed with other blue cats however, it was at this point that they became established enough to have their own class.

The popularity of the breed declined during World War II, and Scandinavian and British breeders began to seek out other breeds such as the Siamese and the British Blue in order to help recover their bloodlines. Over the years, the coat texture and profile of the breed changed, and this is thought to have been due to the influence of the Siamese breed. To bring the Russian

Blue back to its original appearance, the breeders used the British and Scandinavian bloodlines to bring out the luxurious coats and to accentuate the beautiful green eyes seen in the breed today. This concentrated effort from devoted breeders saw the Russian Blue return to its former glory sometime in the 1960’s.

Appearance

Described as the “Doberman Pinscher of cats,” the Russian Blue has a medium to large build with a long, elegant body. Russian Blues have long, slender necks and high shoulder blades that accentuate their firm and muscular figure. Their fur is a blue-grey colour, and is very plush. The silver tips at the end of the individual hairs give a shimmery appearance to their beautiful coat. The texture of the Russian Blue’s coat is so thick that if you ran your fingers through their fur, the patterns made would remain there until they were smoothed out. Russian Blues tend to have very long legs

Fact file

Breed: Russian Blue

Appearance: Described as the “Doberman Pinscher of cats” due to elegant, muscular body. Their fur is a blue-grey colour, and they have bright green eyes.

Size: The Russian Blue has a medium to large build with long legs and small feet.

Lifespan: The Russian blue has a lifespan of 15 to 20 years.

Suitability: Quite content to be house cats as long as they have the company of their human friends.

and small feet which makes their movement appear graceful and delicate. Their paws have mauve coloured pads, and their tail is long with a tapered end.

With a wedge shaped, flat head that may resemble a cobra's, the breed is known for their distinct facial features. Their ears are almost regal – they are large and slightly pointed, covered in very fine fur that may appear transparent in some lighting. Their eyes are a lovely bright green colour, set wide apart and are almond shaped.

Suitability

Owners that put in the effort to form a friendship with their Russian Blue will be rewarded with a faithful and loving cat. Russian Blues have a shy and sensitive disposition, although they can be very loyal to their owners. They can be reserved and very quiet around strangers, and take time to develop a bond with humans. However, once you have gained their trust, they can be very devoted and loving pets. Once they have settled into their new environment, Russian Blues will spend their time playing with toys or climbing and exploring new areas. The breed loves attention and spending time with their owners, and they can get quite offended if they are rejected or ignored. Lack of focused attention on this pet will cause them to become anxious and stressed.

However, while you are out of the house, Russian Blues are capable of keeping themselves entertained. They are an intelligent breed and unlike other cats that become destructive when bored, they are happy enough to wander the house and find some distractions. Russian Blues are best kept in quiet and stable environments – they don't cope very well with change and they love to be kept on a schedule. Make sure to keep his meals arriving on time or they will put up a fuss.

Many breeders recommend keeping your Russian Blue as an indoor cat in order to protect them from diseases spread by other cats as well as aggressive pets that are free to wander the neighbourhood. Keeping them inside the majority of the time will also keep

Health and General Care

- The Russian blue has a lifespan of 15 to 20 years. On average, the breed will live to 18 years of age with proper care and a loving family. Although both purebred and mixed breed cats may come across health issues due to their genetics, the Russian Blue is a generally healthy breed. One of the main issues faced by Russian Blues is obesity, so it is up to the owner to keep an eye on their pet's hearty appetite.
- Regular dental hygiene is essential, so make sure to brush their teeth to prevent problems from forming. It is also important to trim your pet's nails every few weeks, and the odd bath here and there will help remove excess hair while they are shedding.

them safe from other dangers such as being hit by a car or being stolen by someone who would like to own a beautiful pet without having to pay for it.

Grooming

Russian Blues require very little maintenance other than a few standard hygiene practices such as keeping their eyes and ears clean. Like other cats, they will also need their nails clipped and regular brushing sessions. Show cats will require a little more attention so that they are at their best for competitions.

The breed's thick coat should be brushed at least twice a week to remove dead hair and to distribute skin oils. Try to keep your brushing sessions at fixed times as the breed prefers predictable schedules, and the routine will help them feel more comfortable. As the seasons change (particularly around spring and autumn) the shedding of their coats will increase. Because of this, you may have to brush their coat up to four times a week to prevent knots and matting.

Best Child-Friendly Dog Breeds

Dogs can be great companions for children and adults alike, and they often become an important part of the family.

If you are considering introducing a furry new member to your family, keep in mind that there are some pets that are especially suited to households with children. As a parent, choosing the best dog for your family can be a daunting task. It is important to make the right choice, as dogs are lifelong companions and require a long term commitment of time, love and care. Luckily, there are some wonderful dog breeds that are naturally more suited to children. To help aid in your decision, we have compiled a list of the top eight child-friendly dog breeds.

1. Golden Retriever

Golden Retrievers are considered the ideal family pet due to their friendly nature. They are gentle enough to be around young children, yet display a puppy-like enthusiasm well into their adult years that makes them great fun for both kids and adults. Golden Retrievers get along with other animals, so you don't have to worry too much if you already have another pet, as they will likely become best mates! This delightful breed of dog is also easy to train due to their eagerness to please – make sure you train them from a young age to ensure calm and good-mannered behaviour.

2. Cavalier King Charles Spaniel

Cavalier King Charles Spaniels are sweet, playful and gentle dogs that make ideal pets for families with young children. Due to their small size, children won't find them intimidating and you won't have to worry about your dog knocking your child over or behaving roughly. These dogs are perfectly happy to snuggle or rest on your lap, but they also love running around and playing, which makes for a great balance. They also get along well with other animals. Just make sure your yard is secure, as this breed of dog has a tendency to chase small critters, such as birds and rabbits.

3. Beagle

Beagles make adorable and loving family pets that are gentle towards children, but they do require lots of training and exercise, as they can be quite stubborn and mischievous. Beagles are more receptive to children than adults, so if you have a responsible 13-14 year old who is eager to train a puppy, you will end up with a very well-behaved Beagle! While Beagles' energetic and exploratory nature make them ideal playmates for older children (ages 9+), they must always be supervised around babies and toddlers, as they can get overenthusiastic and may nip at times. Keep in mind that your Beagle will require lots of exercise otherwise they will become restless.

4. Dalmatian

The Dalmatian is the gorgeous breed that we all know and love from Disney's 101 Dalmatians. While they are large, impressive looking dogs, they also have a very gentle and caring nature. These spotty dogs have high energy levels and require lots of exercise, so they are best suited to active owners with lots of yard space. Dalmatians are well-suited companions to children over the age of six, as they have boundless enthusiasm and enjoy playing games and running around with children. Keep in mind that this breed must be supervised with younger children due to their strength, which can easily knock over a small child. This highly intelligent breed requires proper care and training.

5. Pug

Pugs are cute little dogs with big personalities, which make them perfect for kids! They are playful pups who love games and attention so they are sure to keep your children occupied for hours. Pugs are also very loving and like being close to their owners – they will become depressed if they are ignored so be sure to give them lots of love and attention. This is a very intelligent breed of dog, so training can be a challenge, but once your Pug has been socialised they will make friendly and affectionate companions for children and other animals.

6. Maltese Shih Tzu

Also known as the Mal-Shi, this is a popular hybrid breed that mixes the best of both worlds from the Maltese and Shih Tzu breeds. The Mal-Shi is an adorable and sweet lapdog with a playful streak. These dogs are good-natured, easy to train and don't require a lot of exercise, although they do enjoy regular walks and play sessions. Due to their easy-going and affectionate nature, these dogs are great with children as well as elderly people. Due to their low-shedding coat, they are relatively low maintenance and a great option for people who suffer from allergies.

7. Saint Bernard

If you are looking for a friendly giant, look no further than the Saint Bernard. Saint

Bernards are quiet and calm dogs that love being indoors with their family. While these dogs aren't always playful, you can trust them to be patient and gentle with your children. However, they may not make an ideal pet for babies and toddlers, purely due to their size which carries the risk of knocking small children over. Keep in mind that Saint Bernards are indoor dogs as they don't like being away from their family. They don't require a lot of exercise and do not cope well with the heat.

8. Labrador Retrievers

The Labrador Retriever, not to be confused with the Golden Retriever, is an intelligent and loyal breed that loves being around children. Commonly used as working dogs, such as guide dogs, this breed enjoys being active and is a breeze to train. Labradors are best suited to families who love going on long walks and visiting the beach, as this dog loves to swim! Their playful and energetic nature means that your kids will always have an eager playmate. These dogs also love playing with other dogs, so they are perfect for families who already have a dog or are planning on getting more.

If you are still unsure about which dog is right for you, try Pedigree's handy Dog Breed Selector, which takes into account your type of residence, yard size, ages of children, and much more. Visit www.pedigree.com.au/dog-breed-information/breed-selector

RSPCA
for all creatures great & small
happy tails

RSPCA

BIGW

Bendigo Bank

Merchandise available now from these outlets and online at **www.rspca.org.au**

The World of Dog Sports

Tired of the same old dog walking routine? Get your pooch fit with these fun new activities!

Winter is on its way out so it's time to get off the couch and back into a healthy exercise routine. Our canine companions also need daily exercise to stay healthy and fit, which has many benefits for you, too. Fortunately, there's a whole world of dog sports for you and your dog to enjoy all year round!

"Participating in dog sports means getting out and being active, and once you're out and about with your dog socialising and learning, the opportunities that can open to you with a well-trained dog are enormous!" said Vicki Etherington OAM, a professional dog trainer and Board Member of Dogs NSW, the controlling body of purebred, pedigreed dog breeding and exhibiting in New South Wales.

"You don't have to compete in dog sports to enjoy your dog. Participating in dog sports is a social affair. You and your dog get to socialise with friends, do something you enjoy and maybe one day have a passion for it!"

Miss Etherington, who chairs the Dogs NSW Sporting Committee and is a member of various dog breed and activity clubs, said Dogs NSW offers a number of sports

that run during the cooler months, such as endurance, herding or sledding. You might also like to try your paws at earth dog, lure coursing, agility and even doggy dancing!

Some Dogs NSW dog sports have restrictions for participation, such as registering as an Associate member of Dogs NSW or having a certain breed type. But many of the sports are open to all dogs, including cross breeds, said Miss Etherington.

"Many people do dog sports for the fun of it. Plus, it gives their dog the opportunity to use its genetic background, such as in herding or gundog/retrieving. As long as their dog is enjoying the activity, that's what matters," she said.

"Participating in dog sports also helps to strengthen the bond between people and their dogs, giving dogs confidence and teaching them to read their owner's body language and listen for commands when they are out in public."

Dogs NSW encourages more young people to participate in dog sports, "as long as they can control their dog," said Miss Etherington. "Dogs benefit children in many ways; they not only help kids stay active, but also teach them to care about their dog and to care about others."

Dog Sports Available

Agility

Dog Agility is a sport open to all dogs, it is the fastest growing of the dog sports and most breeds, from Toys like a Chihuahua to Giant Breeds, like a Great Dane, could be suitable for agility. Agility is fun sport for dogs and handlers to get fit together. Dogs are required to learn fun obstacles such as hoops, tunnels, weaving poles, scramble, dog walk, table, see saw and jumps. Puppies could start from eight months of age when their joints and bodies are fully developed. Fit adult dogs can commence training at any age. Some handlers and dogs may only decide to come to training for the fun of it all while the serious teams can move into the competition arena at 18 months of age.

Earth Dog

Many Terriers and Dachshunds were bred originally to hunt, chase, go to ground and bolt quarry of one kind or another, usually fox, otter and badger. Today, the sport of Earthdog allows these dogs to use their natural instincts in a safe, simulated hunting environment. They can have lots of fun, and earn titles too.

Earthdogs are tested on their ability to enter the den, find their way to the 'quarry' through a series of turns and tunnels, and work the quarry. These challenges become increasingly difficult at each stage.

Dens are constructed as a series of trenches dug in the earth, into which 3-sided liners are fitted. The liners are in sections and have wooden roof and sides, the floor is exposed dirt. This means that tunnels are totally safe and cannot collapse and also that they can be configured in any manner. In the Earthdog Instinct Certificate test the total length of the den is only 3 metres, with one turn; but by Masters level there are over 9 metres of tunnel, with multiple turns, exits, false dens, a constriction and an obstruction!

Lure Coursing

Lure coursing is a performance sport developed in the early 70's by sight hound fanciers who hunted jackrabbits in the open field. They invented lure coursing as a safer, more controlled sport for sighthounds that would recreate the physical requirements

About Dogs NSW

Dogs NSW is the controlling body of purebred, pedigreed dog breeding and exhibiting in New South Wales. As the peak body for dogs in NSW, Dogs NSW promotes responsible dog breeding, showing, obedience, agility, working and sporting dog trials and other canine-related activities, as well as the ownership of temperamentally and physically sound purebred dogs by individuals in NSW.

Dogs NSW has over 10,000 members, with over 300 affiliated breed and kennel clubs throughout NSW. More than 50 of these affiliated clubs conduct dog training classes as a community service in local government areas, normally on a weekly basis. Dogs NSW is a member body of the Australian National Kennel Council (ANKC).

For more information on Dogs NSW dog sports and to find a club near you, visit www.dogsnsw.org.au, email info@dogsnsw.org.au or phone (02) 9834 3022.

of open field coursing, allowing them to continue testing the functional abilities of their hounds. Lure coursing aims to preserve and develop the coursing skills inherent in sighthounds and to demonstrate that they can perform the functions for which they were originally bred. The hounds chase plastic bags on a course laid out to simulate escaping game. The plastic bags are pulled around on a nylon string course, propelled by a hand controlled motor.

A coursing dog should have the ability to course without showing signs of undue stress or lack of fitness. Coursing tests many aspects of a dog's physical structure and temperament. As a consequence, dogs who participant in lure coursing need to be both sound and fit.

Endurance Trial

The object of an Endurance Test is to demonstrate the dog's ability to work after being subject to a certain degree of physical strain without showing signs of undue stress or lack of constitution.

Due to the dog's physical structure, such a test can only consist of a dog travelling at a suitable pace for a performance of some lengthy duration, which places an increasing load not only on its internal organs, such as the heart and lungs, but on many other aspects of the dog's physical structure and temperamental characteristics. The effortless accomplishment of such a test shall be the evidence as to the physical fitness of the dog.

Herding

Herding is fun and a great social activity. It gets you outdoors, keeps you active and is good exercise for all involved. Herding will intensify the relationship between you and your dog. It's a great pleasure to watch dogs perform the basic farm work they once were used for. Ask any handler and they will describe the satisfaction in learning to work your own dog. Herding is complex and very challenging to learn, but well worth the effort!

All About Catnip and Cat Grass

By Mr Fothergill's

catnip kit
NATURE'S TREAT FOR CATS
For playful behaviour • Highly perfumed
ALL YOU NEED • EASY TO GROW
all-in-one catnip kit
cat grass kit
NATURE'S MEDICINE FOR CATS
beneficial to your cat's diet • Aids digestion
ALL YOU NEED • EASY TO GROW
all-in-one cat grass kit

Catnip

A lot of people think that catnip deters cats, but it's quite the opposite! Some of our feline friends adore the smell of catnip so much that they will roll in it and behave as if they're in seventh heaven for a few minutes. Don't worry, catnip is harmless and non-addictive.

What is it About Catnip?

Catnip (Nepeta cataria) is a perennial herb belonging to the mint family. The triangular shaped grey-green leaves and stems of the catnip plant contain an oil called 'nepetalactone'. The smell of this oil stimulates special receptors that sense chemicals called 'pheromones'. However, not all cats respond to 'nepetalactone' as it all depends on whether they possess that particular genetic trait. Interestingly, if your cat likes to chew a few leaves of catnip, it has the opposite effect, making them sleepy instead of frisky.

What Can You Do with Catnip?

Cats that enjoy catnip have lots of opportunities for feline fun. Why not try out these suggestions:

- Crush some dry catnip leaves and fill a sock. The sock will contain the leaves and your cat will enjoy rolling it around.
- Rub catnip leaves on your cat's scratching post so that your cat will target their post and leave your furniture alone.
- Take some dry catnip leaves and sew them into your cat's favourite toys.

Growing Catnip from Seed

Sow your seeds at the recommended depth and keep the soil moist until germination. You'll find that catnip grows best in a full sun position however it will tolerate part sun and a wide variety of soil types.

Wait until your seedlings are roughly 5cm tall before you transplant out to your garden. Space your plants 30cm apart to give them plenty of room to spread.

During Spring, you'll notice white flowers appearing on your plants, it is best to remove these. Simply prune back your plants to 2-3cm from ground level and your catnip will re-shoot again.

Catnip can spread by layering and self-seeding. Both are easy to control by either cutting off the flowers before they seed, or gently tugging at those stems that have taken root.

Cat Grass

Dactylis glomerata is one of those grasses that cats love to chew, and it is also very good for their health. In general, grasses are a major form of vitamins and minerals your cat probably would not have access to anywhere else.

But why cat grass? Well, we all know that cats clean themselves by licking their fur.

This cleaning means your cats are is ingesting a lot of their own hair that sometimes clumps into a furball in their digestive tract. It can often make them feel queasy and put them off their food.

What the grass does, is help the passage of furballs through their digestive system, or helps the cat throw these furballs up.

How to Grow Cat Grass

Cat grass is very quick and easy to grow. Just sow the seeds at the recommended depth, firm down gently and keep moist. Seedlings should emerge within 3-5 days.

Mr Fothergill's Cat Grass kit is perfect for pet owners that live in apartments or villas. Each kit contains seeds and an expandable Jiffy soil pellet all within its own pot.

Maintaining your Cat Grass

Should you go away for a little while and come home to find the cat grass all flopped over with a few green strands remaining, don't worry. As long as there's a few green strands remaining, your cat grass will spring back to life after soaking the pot in a bucket of water for 1 to 2 hours. Adding seaweed solution to the bucket will provide additional nutrients to your cat grass.

If you're growing Cat Grass in a pot or container you'll find that within 6-12 months your grass will become congested. You'll either need to repot the grass into a larger pot or start over again and sow a new batch of cat grass. Like all grasses, a sunny position works best otherwise the grass will grow more sparsely.

For more information,
visit www.mrfothergills.com.au

'Mr Fothergill's Cat Grass & Cat Nip All-In-One Kits (RRP$5.95). Available at Bunnings and all independent garden centres nationwide'"

Shopping Guide

Aqua One Aquarium Ornament - Small Log with Holes

Aqua One Ornaments will add decoration and atmosphere to your underwater environment. Perfect for concealing filters or other equipment or for providing a hiding or play area for your fish. Suitable for Coldwater, Tropical and Marine aquariums.

For more information, visit www.petstock.com.au

© Copyright 2009 Aqua One

DGG Chunky Cable Dog Jumper Red Medium (37cm)

This range of knitwear will ensure your buddy is warm and looking great! A snug fit with loads of stretch, your buddy will be cosy all winter.

For more information, visit www.petstock.com.au

Blue Planet
HOLIDAY FEEDER
SUITS TROPICAL AND GOLDFISH
LAST FOR UP TO 4 WEEKS
SUITS FRESHWATER AQUARIUMS ONLY

Blue Planet Holiday Feeder

The Blue Planet Holiday feeder suits tropical and goldfish and lasts up to 4 weeks. This feeder will dissolve in the water and slowly release small particles of food impregnated throughout the shell. Suitable for freshwater aquariums only.

For more information, visit www.lovemypet.com.au

Cosmic Catnip
24 Carrot
100% Catnip filled toy

Cosmic Catnip Filled Toy

100% Cosmic Catnip = 100% fun. Strong, aromatic fragrance.

For more information, visit www.lovemypet.com.au

Bird Kabobs Chiquito

The ultimate shredable toy that birds instinctively want to chew. Made from wood fibrous material, these are extremely appealing to birds, as it encourages their natural instinct to chew.

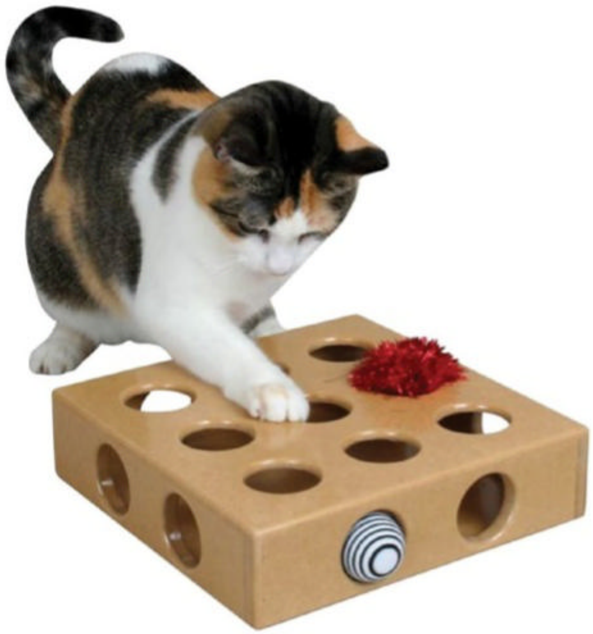
For more information, visit www.lovemypet.com.au

Kong Water Wubba XL - Various Colours

Kong Water Wubba Extra Large - Various Colours - Available in Green, Yellow and Orange. Colour cannot be chosen. Kong Water Wubba is a fun, playful, water fetch toy. Brightly coloured neoprene (wet suit) fabric covering two rubber balls. Easy to see and fast to dry. Excellent for water and snow play. The long tails make it easy to pick up and throw. Dogs love to shake the flapping tails back and forth.

KONG
Wubba
KONG
Wubba
Water
KONG
Wubba
KONG
Wubba
Water
KONG
Wubba
KONG
Wubba
Water

For more information, visit www.lovemypet.com.au



Smart Cat Peek N Play

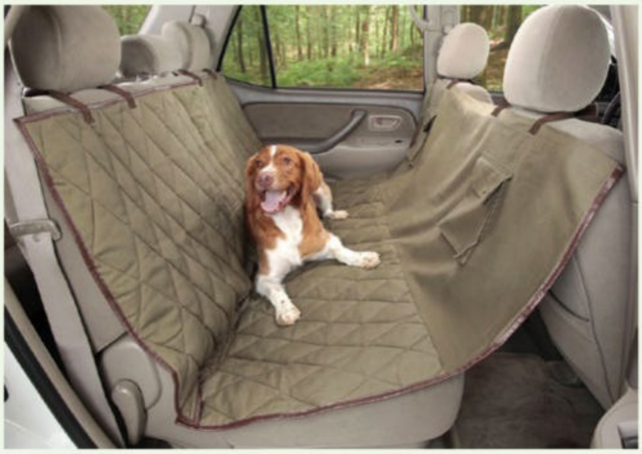
The Peek-and-Play toy box is designed to build on your cat's instinct. Partially hide some of your cat's favourite toys and your cat will go crazy fishing them out! Peek-and-Play is especially designed for those times when you have to leave your cat home alone - this will keep them occupied for hours!

For more information, visit www.lovemypet.com.au

Hammock Seat Cover(Deluxe) - STA-PUT

Quilted construction with micro-suede top fabric offers luxurious comfort and warmth, plus durability. Machine washable and treated with Stain-Blok. Features 2 storage pockets and holes to put seatbelts through.

For more information, visit www.lovemypet.com.au



Pets and Their Impact on our Mental Health

Pets fill our lives with joy, companionship and unconditional love, but did you know that they also help improve our mental health?

If you are a pet owner, you will probably agree that pets contribute greatly to our happiness, thanks to the joy, companionship and unconditional love that they bring to our lives. What you may not realise though, is just how deeply our beloved animal companions can affect our physical and mental wellbeing. Now more than ever, pets are treated like an important member of the family; they come with us to more places (hence the rise of dog and cat-friendly accommodation and cafes), we invest increasing amounts of time and money to care for and pamper our pooches with the very best products, and we even document and follow their daily adventures on social media!

It is no surprise, then, that we want to learn more about companion animals – how they experience emotions, the best ways to train, feed and care for them, and how we can ensure their health and happiness. The more we know about our pets, the more able we are to nurture our special bond with them. Luckily, science has obliged our pet obsession. It doesn't take much investigating to discover that there are an increasing number of studies being carried out on the relationships between humans and their pets. The findings are fascinating and overwhelmingly positive, and they provide us with greater insight on the animal/human connection. We are also learning just how valuable pets are when it comes to our wellbeing.

Many studies have shown that pets can boost our mood, ease feelings of loneliness, improve our self-esteem, relieve stress and anxiety, and provide us with a sense of

"There is no psychiatrist in the world like a puppy licking your face" - Bernard Williams

purpose. This means that pets are especially great for people who suffer from mental health conditions such as depression, anxiety and stress. These positive mental effects in turn help to improve our cardiovascular health and immune system – so much so, that pet owners are less likely to die within a year of having a heart attack. Additionally, the increasing use of animal therapy to help treat major mental disorders such as autism shows just how important pets can be when it comes to our wellbeing. It is also interesting to note that pet owners are generally happier and healthier than their pet-free counterparts – no wonder more than 63% of Australian households own a pet!

Here are the Top Five ways in which pets can positively impact our health and wellbeing:

1. Pets ease loneliness
Pets are an important source of social support. They obviously provide us with companionship, which of course decreases loneliness, but did you know they can actually provide us with as much social support as our human friends and family? A 2011 study published in the Journal of Personality and Social Psychology found that pets provide just as much social support as parents and siblings. This makes sense when you consider that, according to Delta Society, 91% of pet owners feel "very close to their pets". Pets also help to fulfil our need for touch and they can increase our levels of social interaction. For example, dogs are a great way to connect with other people – take your dog to a pet-friendly event, beach or park, and chances are a fellow dog-walker will strike up a conversation with you!

2. Pets help us slow down and relax
Studies have shown that simply seeing and interacting with a pet is an instant

mood booster and stress reliever. Animals are carefree, joyful creatures that live purely in the here and now, so they can act as an anchor to pull us into the present moment. Being able to live in the moment (also known as being "mindful") is something that is very important when it comes to our wellbeing, yet it is something that many of us struggle with. Constantly worrying about the future or fretting over the past can make us feel stressed, anxious and worn out, and it can inhibit our ability to truly experience the present. Animals teach us to live in the here and now. When you pat or play with an animal, you can't help but to feel happier and more relaxed! Studies have shown that patting an animal lowers blood pressure and reduces stress levels. This is especially helpful for people who suffer from anxiety and chronic stress.

3. Pets help us fight depression

People who suffer from depression often experience low moods, low energy levels and a lack of motivation. This is where animals can help. Pets provide us with unconditional, uncomplicated love, free from judgement and criticism. This is something that can be valued by everyone, but is especially essential for people who suffer from depression. Consider that fact that dog owners have been found to be less likely to experience depression. Looking after a pet is also a responsibility and provides a reason and a purpose to get up in the morning. This is a great motivator for people who suffer

Consider the mental health benefits that even non-cuddly pets such as fish can provide!

Having a fish tank in your home is a great way to connect with nature, but did you know that it can also help to reduce lethargy and increase your ability to focus? A 2002 study from The Western Journal of Nursing Research found that Alzheimer patients who had the opportunity to observe a fish tank experienced a decrease in stress, appeared to be more awake and attentive, and were able to eat more food at meal times, which helped them to maintain a healthy weight. This is because the aquarium gave the patients something to focus on and held their attention during mealtimes, which meant that they were able to sit for longer periods. After all, fish come in an array of shapes, sizes and colours that make them fascinating to watch!

from depression, as they may feel a lack of motivation and struggle to complete daily tasks.

Studies have also found that people with pet dogs are more likely to engage in regular exercise, thanks to our furry companions' obsession with walking and playing fetch! This is great news for people with depression, as physical activity has been proven to be a powerful mood booster, in addition to improving physical health.

4. Pets give us a sense of routine and purpose

Looking after a pet provides us with a sense of purpose and a way to organise our daily life. This is because most pets require a routine of feeding, cleaning and exercise. Consider the particular benefits that pet insects can offer. Taking care of insects provides a sense of purpose for elderly people or for people who lack the space, time and money for larger pets. This sense of purpose can in turn help to alleviate boredom and symptoms of depression. Although not a common choice of pet, insects can be fascinating to watch, thanks to their interesting lifecycle and unusual behaviour. In a 2016 study, caring for insects was found to reduce depression and improve cognitive function in elderly people. Researchers believed this was because caring for the insects gave them a sense of routine and purpose. This also goes to show that your companion animal needn't be furry or four-legged in order for them to have a positive effect on your mental health.

5. Pets can assist with severe mental health conditions

Pets can provide a lifeline for people who suffer from severe mental health conditions, including Post Traumatic Stress Disorder (PTSD), Alzheimer's Disease and Autism Spectrum Disorder. Dogs, in particular, have been found to have a profound positive effect on people diagnosed with these disorders, so much so that there are now dogs being specially trained and certified as "Therapy Dogs". These Therapy Dogs provide companionship and comfort to people suffering from severe mental health conditions. For example, for people suffering from PTSD, dogs provide a sense of security because they are vigilant, aware of their environment, and protective of their owner and property. This gives PTSD suffers ease of mind and helps repair their ability to trust.

Before we can reap the mental and physical benefits of owning a pet, it is first up to us to look after them and ensure that they are happy and healthy throughout their lives. It is important to remember that pets rely on us to take good care of them, and people who suffer from severe mental health issues may need help from others when looking after a pet. No matter what type of companion animal you have, they will undoubtedly have some sort of positive impact on your mental health and your overall wellbeing, as long as you have the time and ability to commit to them and care for them throughout their entire life.

Cat Protection Society

Every cat deserves a loving and responsible home

By Kylie McKendry

Cat Protection Society began in 1958 as a small group of people dedicated to reducing the number of stray cats and while our organisation has grown over the years, our vision has remained the same, 'every cat deserves a loving and responsible home'.

We have an Adoption Centre that is open seven days a week at 103 Enmore Road, Newtown, NSW. Cat Protection provides a discount desexing referral service working with a network of vets and councils across Sydney and recently regional areas of NSW to offer subsidised desexing rates which improves feline

welfare by limiting overpopulation.

We work with government and non-government agencies to advocate and improve feline welfare and also provide free support and information to all cat lovers to encourage loving and responsible pet ownership. Our website www.catprotection.org.au has a range of cat care factsheets providing advice on a variety of behaviour and health topics.

We have a range of education programs from School Holiday sessions with primary school children, Kitten Kindy classes and free Winter Cat Care talks.

The Adoption Process

At any one time we will have 75 to 105 felines on site, depending on the season. All our cats are health checked by a vet, desexed, microchipped, vaccinated, flea and worm treated and given lots of love. With kittens as young as 8 weeks ranging up to senior cats in their teens, each feline has individual needs, some will have special diets while others might need medication.

What sets us apart from many other animal shelters is our no-kill policy, which means that a cat will stay with us for as long as it takes them to find their forever home. Most cats will stay with us for a couple of weeks, some kittens get adopted within days but some cats have stayed with us for a year or more.

Our adoption process starts with completing a questionnaire so that our feline services staff can find the perfect match for you. We take into account factors like the activity level of your household, if there are children or other pets living with you and whether the cat or kitten will be kept indoors or allowed outside access. There is a playroom and Marie's Place, our kitten courtyard where you can spend time getting to know the cats and kittens. Our staff will provide you with details about their personality and any health issues. Then it is time to decide on your new furry family member but in many cases we find that it is the cat that chooses you.

Then we will go through their adoption pack which includes the cat's profile, all their vaccination certificates and health checks from the vet, information on feeding, settling your new cat in plus their microchip paperwork. All kittens and cats adopted from Cat Protection are lifetime registered in your name at the time of adoption (and you receive a discount because they are desexed plus an extra discount for adopting from a pound or shelter!)

There are many reasons a cat or kitten will find their way to our shelter.

Many are stray kittens from unwanted litters, other cats and kittens have come to us via pound facilities, vets or other rescue organisations. Some have been surrendered to us when their people have had a change in circumstances such as moving into pet-unfriendly accommodation, overseas or a care facility. Sometimes cats find their way to our shelter as their previous owner can no longer afford to keep them.

Each year we rehome around 1,000 cats and kittens, assist with desexing a further 2000 - 3000 cats, provide information and advice on feline health, behaviour and welfare to more than 5,000 human clients, and reunite dozens of lost cats with their people.

Adopting a Cat

At Cat Protection we believe that it is all about personality and finding the cat or kitten who has the right temperament for you. We have personality types for our kittens, with the Dynamo kitten being super active and playful, the Cruiser kitten being confident and relaxed, the Gently Goes kitten being a little reserved and needing some time to settle and the Seriously Shy kitten who will need some extra love and care to bring them out of their shell.

When adopting always remember that giving a cat or kitten a forever home is a lifetime commitment and take the time to make sure they are the right match for you.

Community Assistance

As a charity we rely on the generosity of our members, donors and sponsors as well as the tireless efforts of our volunteers to provide the best possible care for the cats in our Adoption Centre and the promotion of welfare of felines everywhere.

There are many ways to help support the cats and kittens in our care, you can sign up to become a member or volunteer with us. Volunteers are essential to

our work caring for cats, whether by contributing to our fundraising efforts, providing temporary foster care to our cats and kittens, helping out in our cattery washing food bowls or sorting clothes for our Op Shop.

You can make a donation and it doesn't have to be money, you can donate your unwanted goods to our Op Shop or even your old newspapers and towels which we use in our cats' apartments to make their stay with us more comfortable.

If you are skilful with your knitting needles you could join our Craft Club or you can simply like us on Facebook.

Upcoming Fundraising Events

Cat Protection will be participating in this year's City2Surf in August, so you can join team Kitty2Surf and help us raise funds. We have a Father's Day raffle coming up with some wonderful prizes and our Open Day will be held in November. For more information, visit www.catprotection.org.au

The Good Neighbour Project

Last year we were very proud to launch The Good Neighbour Project which promotes socially and environmentally responsible cat care: "Being a responsible cat owner means ensuring the welfare and wellbeing of your cat as well as protecting the local fauna and neighbourhood amenity. Put simply, it means being a good neighbour."

The Good Neighbour Project is a multi-media campaign providing a number of resources including a range of factsheets as well as our brand new website for people working with cats – such as vet clinics, shelters, pounds and rescue groups: www.catcare.org.au which also includes a free training package for vets on early-age desexing.

Contact Details
For more information on the Cat Protection Society visit www.catprotection.org.au
Facebook: @catprotectionsocietynsw
Address: 103 Enmore Road, Newtown NSW 2042

Buttercup's Story

At Cat Protection Society of NSW we are lucky enough to get to know some extraordinary felines and Buttercup is one such unique cat who inspired us all with her bravery.

Born with no eyelids, Buttercup endured this discomfort along with the distress of life on the streets until she came to us via a pound facility. Our brilliant vets performed multiple surgeries, grafting skin from her lips to create eyelids for her. Without these vital surgeries, Buttercup would have had ongoing eye infections, constant irritation and pain. She spent months with one of our fantastic foster carers during her recovery and her affectionate nature won the hearts of all who met her. We were delighted that Buttercup found her loving forever home within a day once she became available for adoption.

Buttercup is just one of the many cats we have helped in the past year and while some cats need special veterinary care, most of our cats and kittens are in great health and the only 'medicine' they need is a loving home!

lovemyPet
The Pet Specialist .com.au

Welcome to **real** pet savings

$47.50
Advocate
Aqua 3pk

$40.10
Advantix
Red 3pk

$47.70
Sentinel
Yellow 3pk

$55.00
Osteo Joint
Care 150

$28.10
Drontal
Medium 5pk

$12.80
Vetalogica Ear
Cleaner 125ml

$67.50 rrp $89.95

Car **Protection** Mats

Deluxe Hammock
Quilted construction with micro-suede top fabric. Machine washable and **treated with Stain-Blok.**

save up to 65% • earn **loyalty** points
• **free** shipping *

(*conditions apply)

www.lovemypet.com.au
australia's premier discount online pet store

Australia's Best Doggy Day Spas

Pet owners love to pamper and spoil their pooches, so we have put together a list of the top pet spas in Australia

Puppuccino Pet Spa

Puppuccino Pet Spa is the North Shore's leading dog grooming, doggy day care and lifestyle emporium based in Mosman, providing dog grooming services that exceed the highest industry standards. This salon uses the best quality organic products and equipment the international dog grooming industry has to offer.

Their new premises are equipped with the latest hydraulic tables and baths with large dog cubbies in the grooming room for those guests who need solo time, nap time, or for those whose parents request they have their own space. Plus, the salon has an open plan doggy playpen in the front of the shop with TV, beds and a myriad of toys providing safety, comfort and freedom to your pet before, during and after their pampering appointment.

They offer a fantastic range of grooming packages for mini, midi, maxi or mighty sized pooches. Whether your dog just needs a quick bath or a complete grooming package that takes pampering to the next level, you will be impressed with all the services Puppuccino has on offer!

Contact Details
Web: www.puppuccino.com.au
Address: 1/50-52 Spit Rd Mosman, NSW 2088
Ph: (02) 9969 0299

DOGUE Bondi
All DOGUE stores offer expert dog grooming services with their experienced dog stylists who use their calming magic to do exceptional makeovers. All dogs are encouraged to wander around the spa and mingle with other clients for a fun, carefree environment. The DOGUE stylists will ensure that every dog is completely spoilt and will leave happy and relaxed.

DOGUE day spa offers specialised one on one personal care, a calm environment, gentle handling and beautiful products. The exceptional team at DOGUE Bondi have you covered with excellent services to suit any canine desire.

Emily, the Manager of DOGUE Bondi, has an extraordinary passion for dogs and understands her customers' needs. She loves bringing joy to canines and customers on all things dog, alongside her Boutique Assistant Grace and Online Coordinator Patty.

The DOGUE Bondi Canine Stylists include Grooming School instructor Shoko, and specialised animal attendant Rika, both hark from Japan and have been working for DOGUE for over 5 years. They excel at a number of specific breed clips, health-care, and give each client an individual flair. The other experienced Spa Consultants include Masumi, Soichiro, and the Day Care Supervisor and behaviourist in-training Laura, who are all known for fun, cuddles and simply beautiful grooms.

Contact Details
Web: www.dogue.com.au
Address: 242 Oxford Street Bondi Junction, NSW 2022
Ph: (02) 9388 9969

Pooch Avenue
Pooch Avenue is Queensland's first luxury, 5-star Dog Grooming Salon, Day Spa, Day Care and Boutique. Through their website, you will

discover the unique store and the services they offer to pamper your beloved pooch and keep them looking their absolute best.

Pooch Avenue dedicates quality time to ensure all your pooches' needs are met during their visit. The staff at Pooch Avenue are highly trained and experienced so you can feel confident that your precious pooch is in the 'best of care' at all times.

Pooch Avenue dog grooming salon was designed to suit the specific needs of their clients (both human and pooch.) With a welcoming French-inspired boutique and elegant setting, your pooch will know they have come somewhere unique.

Pooch Avenue also make sure that your pooch feels right at home with the care of the friendly staff. Human clients are welcome to relax and enjoy a cup of tea or coffee as they wait and watch their special pooch being groomed and pampered in ultimate luxury.

Spa treatments at Pooch Avenue take place in "Le Spa", a luxurious marble-themed, candlelit spa room, designed exclusively for your pampered pooches. With a large viewing window, clients are invited to view their pooch receive the ultimate in pooch-pampering in the whole of QLD. From a 30 min Spa Soak, or spa mud treatment - filled with minerals to replenish and restore your pooches' luxurious coat, to the 'Le Spa Indulgence' - 2hrs of pure bliss for your pooch, including a gourmet A La Carte cuisine special.

Contact Details
Web: www.poochavenue.com.au
Ph: 1300 994 334
Address: Unit 8 / 2 Springlands Drive
Slacks Creek, QLD 4127

Diggiddydoggydayspa

Diggiddydoggydayspa is exactly that, a day spa for dogs! From essential maintenance to a personally styled full clip, the stylists in the Diggiddydoggydayspa will tend to your dogs every whim in a relaxed environment. The spa has a delicious menu of organic products infused with essential oils for the fussiest of dogs. Your doggy will feel revitalised and ready to take on the world!

Diggiddydoggydayspa is a crate free environment and their point of difference is that they "groom to relaxation". It's no secret that being groomed is not a dog's favourite past time, so Diggiddy have created a very special environment and a grooming technique which allows the dogs to have a say in how their grooming experience should be as an individual doggy. For example, the staff take the time to massage and calm a nervous client so the grooming experience is as relaxing as possible. The clock is not a consideration in the Diggiddy day spa, it's all about the dogs and how they are responding to their grooming experience. The dogs are "free range" in the spa area and there are many day care clients who adore the extra attention they receive in the day spa.

Contact Details
Web: www.digdog.com.au
Address: 41 Brady Street South
Melbourne, VIC 3205
Ph: (03) 9676 2000

DOGUE Country Retreat

At DOGUE Country Retreat, guests and daily visitors will have access to some of the finest guest services on offer. From a luxurious Day Spa tailored to look after the body and mind through techniques such as massage and yoga, to a full-service Dog Grooming Salon and Day Care facility, DOGUE Country Retreat provides top notch modern services in the truly unique and picturesque atmosphere of the Southern Highlands area – including Berrima, Bowral and Mittagong.

At DOGUE Country Retreat, the grooming team is led by Mia who has over 13 years as a Senior Grooming Specialist in both Australia and Japan. Mia enjoys all breed specific clips and in particular poodles, terriers and all the oodles who regularly visit the Retreat! Mia will ensure that all clients are completely spoilt and leave happy, relaxed and looking spectacular.

DOGUE Country Retreat offers a stress free and quiet spa environment with well-trained stylists who use a gentle approach. Therapeutic treatments include remedial as well as relaxing canine massage therapies for the over stressed, over tired or older guests who could use some loosening up in the body. The Day Spa also offers aromatherapy, meditation and nutritional consults aimed at feeding your dog's wellbeing. At DOGUE Day Spa, the goal is not just to pamper your pet, but also to nourish their body, mind and soul so they always arrive back you a happier, healthier dog each time they visit!

Contact Details
Web: www.dogue.com.au/dog-resort
Address: 112 Compton Park Rd Berrima, NSW 2577

The Pets Hotel

The Pets Hotel is a family owned business. The Cleghorn and Hill families have been involved in the pet care industry for a combination of 33 years, they are renowned for the expert care, and service that they provide to their clients. This expertise has been combined with years of research and planning to deliver Melbourne pet owners with a facility that offers maximum comfort and maximum safety – in all seasons. The facility has been custom designed to ensure the very best for pets and peace of mind for pet owners. At The Pets Hotel, V.I.P stands for Very Important Pets and Very Important People.

The Pets Hotel specialised pet spa bath allows your V.I.P to indulge in the ultimate pampering experience. This is Australia's first dedicated spa bath for dogs and is a must try for your pooch. The Pets Hotel day spa is a total relaxing spa experience including dog friendly essential oils and bath salts.

The Pets Hotel have also recently begun offering therapy sessions for pets. These sessions will aid in healing for pets with new and ongoing injuries, relief from old age aches and pains as well as a general relaxation session for pets. These same therapy devices are utilised and recommended by Geelong and Fremantle AFL clubs for their injured players.

Contact Details
Web: www.thepetshotel.com.au
Address: 7 Phillip Court Port Melbourne, VIC 3207
Ph: (08) 9646 8696

Hints and tips for looking after your pet

Controlling Ticks and Fleas

Fleas and ticks can be both a nuisance and a health hazard for pets and their owners.

If you have a dog or cat, chances are you have had to deal with at least one of these pesky parasites over the course of your pet's lifetime. Luckily, it is not hard to prevent or eliminate ticks and fleas. In this article, we tell you everything you need to know about them, how they affect your pet and what you can do to prevent them. We also let you know the best flea and tick control products available on the market.

What are fleas and how do they affect my pet?

Fleas are the most common external parasite found on dogs and cats. They are small, wingless parasites that survive by feeding on the blood of warm-blooded hosts, particularly in soft, furry environments – this means that our four-legged companions are a prime target. There are over 2,500 species of fleas, but it is predominately the Ctenocephalides felis (also known as the cat flea) that is most likely to bother our pets. Although fleas are only around 1/8th of an inch in size, they are hardy critters that are built for survival. Fleas can thrive in warm environments and

can live without a host for up to two weeks, while one female flea can produce up to 500 eggs during her relatively short lifetime.

Fleas can jump up to 30cm in the air, which makes it all too easy for them to land on your pet and start reproducing. While outdoor pets are more prone to catching them, even indoor ones can be susceptible as fleas can easily be brought into the house. Your pet is more likely to have fleas during the warmer months, particularly if there is high humidity; however fleas can survive all year round except in extremely hot and cold climates. Fleas, while generally not a serious cause for concern, are extremely irritating and itchy for your pet. If the flea problem is not addressed quickly, your pet's constant scratching can lead to red, irritated skin and visible patches of hair loss. Fleas can also cause skin allergies and can transmit other parasites, such as tapeworms, to your dog.

It is important to regularly check for fleas on your pet so that you can deal with the problem straight away. Keep an eye on your pet to see if they are scratching and chewing themselves, as this is a strong sign of fleas. Fleas can be hard to spot as they move fairly quickly, so check for flea dirt (which is actually flea faeces) as well. To do this, get your pet to sit or lie down on a sheet of white paper and briskly rub or comb the fur on their back. If black flecks that look like dirt fall onto the paper, move these flecks onto a damp piece of paper and see if they turn red or rust-coloured. This will be from the blood ingested by the flea. If the specks do not turn red, it is likely just regular dirt.

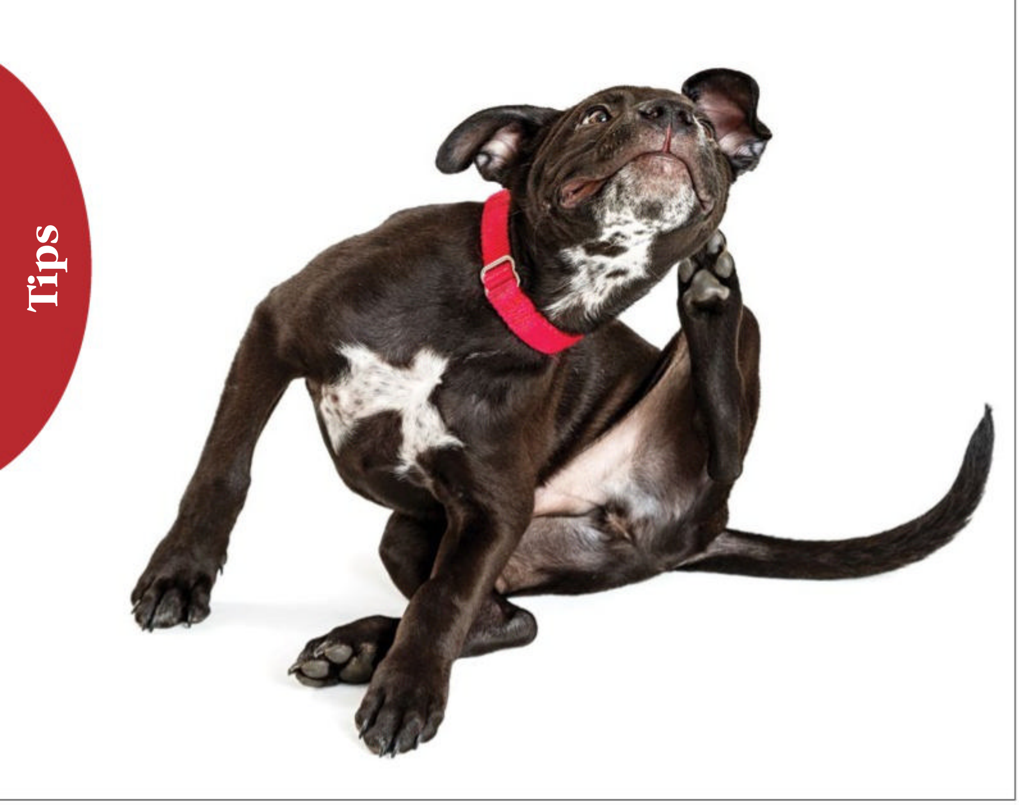
Signs of fleas can include:

- Frequent scratching, chewing and/or licking
- Unusual red patches of skin
- Hair loss
- Pale gums
- Flea dirt

Preventing and treating fleas

In order to prevent fleas, your pet should undergo regular flea treatments using safe and effective products. These treatments are usually administered orally as a tablet or liquid, but can also be applied directly as a fluid onto your pet's skin. We recommend consulting your vet in order to determine which product is best suited to your pet. If fleas are already present on your pet, give them a bath using a flea shampoo and apply a flea treatment as soon as possible. While it is easy enough to pick the adult fleas out of your pet's fur, this is not a long-term solution. The best way to control fleas is to stop them from reproducing.

In order to stop the flea cycle, you will need to eliminate all potential fleas in your house and outdoor areas. Carpets, bedding, furniture and other indoor areas where you pet spends a lot of time will be the perfect breeding ground for fleas. You can reduce the number of developing fleas in your house by frequently washing your pet's bed and regularly vacuuming your home. Be sure to dispose of the vacuum cleaner bag afterwards. If you have a particularly persistent flea problem, consider having insecticide sprayed around both indoor and



outdoor areas by a trained pest control expert.

What are ticks and how do they affect my pet?
Ticks are spider-like parasites that are larger and nastier than fleas. They have a whitish egg-shaped body that grows larger and darker as it fills with blood. They can reach up to 1cm in length and are most often found in woodland and grassland, however they can also be found in your garden if you live in an area with lots of wildlife. Like fleas, they will bite and feed on your pet's blood, but these creepy crawlies can also carry serious bacterial infections such as Lyme disease and babesiosis. While ticks can't jump or fly, they can climb or drop onto your pet's coat if they brush past an area where there are ticks present.

Thankfully ticks aren't as common as fleas, but you should always protect your pet from these nasty critters and watch for symptoms, especially if you live in areas that are prone to tick infestations. Keep in mind that ticks thrive in spring and autumn when the weather is mild, but they are

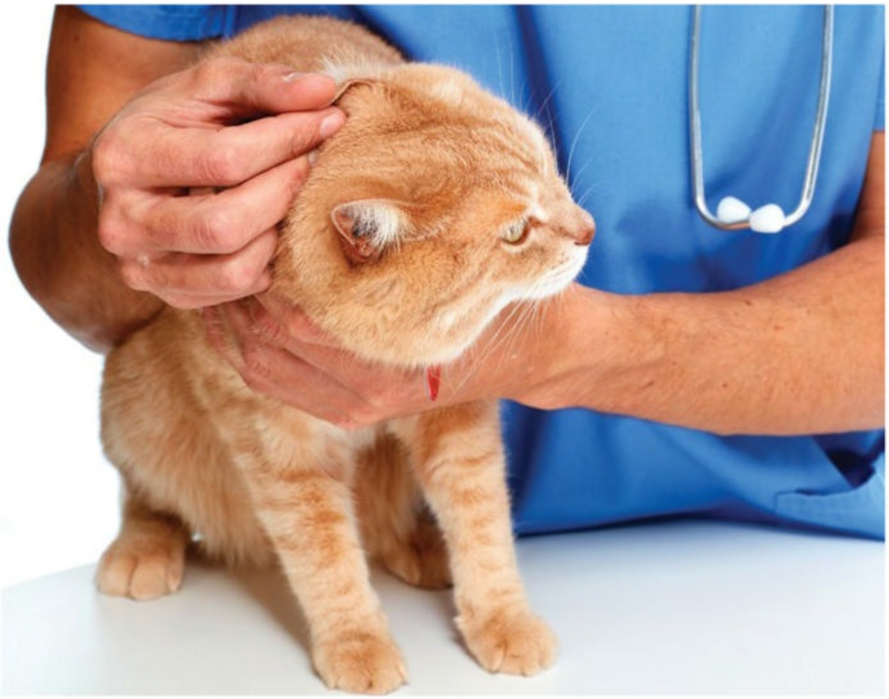
When to see a vet

Consult your vet as soon as possible if your pet shows any sign of the following symptoms:

Symptoms of Lyme Disease – This is a serious bacterial infection that can be passed on by ticks. Look out for any of the following symptoms:
Depression
Loss of appetite
Fever
Lameness
Swollen and painful joints

Pale gums – This is a common sign of anaemia and can be indicative of a serious case of flea infestation. This is because your pet is not producing enough new red blood cells to replace the blood that the fleas are consuming from your pet.

Excessive scratching with no apparent cause – If you can't find a cause for your pet's excessive scratching, seek opinion from your vet. They will be able to determine the cause of your pet's discomfort and recommend the best treatment options.



active throughout the year. Due to their size, ticks are easy to spot but you can also find them by running your hand over your pet's fur and checking any bumps that you feel, as this could be a tick. Ticks often attach themselves to the head, neck, ears and feet of an animal, so pay particular attention to these areas.

Preventing and treating ticks

The best way to prevent ticks is by keeping your pet out of heavily wooded areas and tall grass, and ensuring that your lawn is kept short with bushes cut back. You can also consider treating your backyard with pesticide if you live in a location that is prone to ticks. If you live in an area with ticks, you should protect your pet with a tick treatment that either repels them or kills them when they attach. Ensure that you read the instructions of any products very carefully, as some that are suitable for dogs could be deadly for cats. When in doubt, consult your vet.

If you see a tick on your pet, you should remove it as soon as possible. You must be careful to remove it in such a way that doesn't squeeze the tick's body (this can expel blood back into your dog, increasing risk of infection) or leaves its head stuck in your pet. Make sure that you do not directly touch the tick. The best method is to grasp it with tweezers, gripping it as close as possible to its mouthparts. Pet shops also sell handy tick-removing devices. If you have trouble removing a tick, see a vet as soon as possible.

Products We Recommend

Sentinel Spectrum
Tasty Chews
RRP from
$75.99 - $81.99

A highly effective way to aid in the prevention and control of fleas, heartworm, round worm, hook worm, whip worm and tape worm in dogs, and also assists in the treatment of flea allergy dermatitis. Sentinel Spectrum for dogs are to be administered once monthly (with a full meal), preferably on the same day each month. Sentinel Spectrum is specially designed with a delicious meaty taste; 97% of all dogs will accept the tablet straight from the hand. The product is suitable for all dogs and puppies from two weeks of age. Use only as directed on the label. The blue pack is specifically for dogs 22-45kgs in weight. The yellow pack is specifically for dogs 11-22kgs in weight.

NexGard
Spectra
RRP $69.99
- $84.99

NexGard Spectra provides full protection against all the nasties - fleas, ticks, heartworm and intestinal worm. This monthly chew packs a punch, rapidly killing fleas and controlling 3 types of ticks and 4 types of worms. Its tasty beef flavour makes it easy to administer - just give it to your dog the same way you would a treat! 3-pack

Stockist: PETstock – instore or online at www.petstock.com.au

Cockatoos

Cockatoos can be playful and affectionate companions

Sulphur-Crested Cockatoo

We don't typically think of cockatoos when we think of pet birds, and while they aren't as common in households as smaller birds like budgies, they are well worth considering for responsible, dedicated pet owners who are up for the challenges and rewards that come with owning a cockatoo. Cockatoos are known to be very lively and playful birds with a loving, affectionate nature. They have even been described as "cuddly". These feathered bundles of joy can also be quite noisy and mischievous, and they demand ample time and attention from their owners, otherwise they can become depressed.

A cockatoo is a parrot that belongs to the bird family *Cacatuidae*. Cockatoos are identifiable by their distinctive crests and curved bills; they are mainly white, grey or black but often have brightly coloured crests, cheeks and tails, which can be red, yellow, orange or pink. There are over 40 species of cockatoo, native to Australia, Papua New Guinea and Indonesia. Six of these species can be kept as pets in Australia, with the most recognisable one being the sulphur-crested cockatoo – this is the iconic white cockatoo with the yellow crest on its head. Other species suitable as pets include the Galah, the Major Mitchell, Red Tail Black Cockatoo and Umbrella (White) cockatoos.

Some cockatoo species have a life expectancy of up to 120 years, while many can live to be 80 years old, even in captivity. Their unusually long lifespans is one major reason why deciding to own a pet cockatoo is not a decision to be taken lightly. Cockatoos are ideal for mature and dedicated pet owners or families without young children, who are willing to devote lots of time, love and attention to their cockatoo. Owners should

Your cockatoo's cage should contain:

- Water bowl
- Food bowls (one for wet food, one for dry food)
- Wooden perches
- Safe toys (things that can be destroyed/chewed)
- Bedding at the bottom of the cage (e.g. bird sand, wood chips, flex bedding)
- Providing toys is a necessity, as cockatoos will get bored if they don't have things to chew and destroy. You should provide a range of toys that can be hung or picked up by the feet, including softwood toys, tree branches, vegetable tanned leather, rope toys, bells and cardboard. The cage should be cleaned daily to get rid of droppings and any food scraps, and to clean the food and water bowls to prevent bacteria from growing. The bedding should be removed and replaced with new, clean bedding once a week.

Galah

be prepared for some challenging behaviours. Cockatoos are known to cause a mess and they may scream, pick their feathers out and self-mutilate when they are unhappy; this is common if they are denied love and attention.

Choosing a Cockatoo

It is important to choose the right type of cockatoo for you and your family. Galahs are the most popular type of pet cockatoo, as they are very affectionate and bubbly with a good talking ability. While all cockatoos are difficult to care for, the Galah's smaller size and desire to please their owners makes them the easiest cockatoo to look after. It is not too hard to train galahs as they are very intelligent and love to learn new tricks. The Sulphur-Crested Cockatoo is another popular pet choice. These beautiful birds have an excellent talking ability and make a lot of noise, but they require a dedicated owner and continuing obedience training from a young age.

The stunning Red Tailed Black Cockatoo makes an excellent companion, but is one of the more challenging choices of cockatoo

Fact file

Care level: Difficult

Temperament: Lively and playful; loving and affectionate; needy

Lifespan: 60-80 years

Size: 35-70cm in length depending on the type of cockatoo; galahs are the smallest, while black cockatoos are the largest.

Colours: Cockatoos are mainly white, grey or black but can feature brighter shades such as pink, orange, red and yellow on their crests, cheeks and tails.

Suitability: Suitable for dedicated and experienced bird owners who are willing to devote lots of time and attention to a cockatoo. Not recommended for busy people, people on a tight budget or families with young children.

Umbrella (white) cockatoo

Major Mitchell

as it demands a lot of attention and is prone to behavioural problems. This species is best suited to experienced cockatoo owners, as is the Major Mitchell and Gang Gang, which both require a great deal of training and care in order to discourage behavioural problems. Whichever type of cockatoo you pick, you should train your feathered friend consistently from a young age. A properly raised, trained and socialised cockatoo makes a wonderful and rewarding pet.

Cockatoo Housing and Care

When it comes to housing, pick a cage that is as large as possible. For larger types of cockatoos such as black cockatoos, the cage should be at least 40 inches wide and 30 inches deep with a bar spacing of 1-1.5 inches. There must be plenty of room for your cockatoo to move around, as well as space for lots of toys and perches. Ensure that the cage is strong enough to withstand the tough beak of your cockatoo – ideally, it will be made from wrought iron or stainless steel. The cage should have horizontal wire bars, as this will allow the cockatoo to climb up the sides of the cage, which is a good way for them to exercise.

Be sure to place the cage in a room that will allow your cockatoo to feel like a part of your family, such as the living room. The cage should be positioned out of direct sunlight and in a corner or against the wall, providing the cockatoo with a “safe side” where predators cannot approach him. Do not place the cage in the kitchen as the fumes from non-sticky (Teflon) pans can kill the cockatoo. Ensure that the cage is safe by making sure there are no sharp edges and that the door to the cage has a lock or pin – cockatoos can easily learn to open a sliding door.

Diet and Exercise

Cockatoos require a variety of fresh foods, as well as good quality pellets. The pellets should make up to half of the diet, while the other half should be comprised of fresh foods including fruits, vegetables and cooked grains. Grains can include barley, oats and brown rice. Seeds and seed mixes should only be given in small amounts a few times a week as a treat, as these are high in fat. As well as a hearty and healthy diet, cockatoos also require plenty of exercise – ideally, they should be allowed out of the cage for 3-4 hours a day or allowed at least an hour in a Play Gym. You can also provide them with big, shelled

If you suffer from hayfever or allergies, cockatoos may not be the best choice for you. This is because their feathers produce a fine powder when they preen. This powder turns into a fine dust that settles throughout the home and can cause an allergic reaction.

Red Tailed Black Cockatoo

nuts – cockatoos love to use their beaks to crack them open, a task that will keep them happily occupied and allow them to expel some of their energy.

Health

Cockatoos, particularly white species, are susceptible to the highly contagious Psittacine beak and feather disease (PBFD). This is a chronic and incurable disease that causes poor feather growth and eventually complete feather loss. The beak will also become brittle, and the immune system will be weakened, leaving the cockatoo vulnerable to other infections. Many young cockatoos die from PBFD, but older cockatoos can often overcome it. Their feathers, however, will never grow back.

Cockatoos can also become sick due to contagious diseases and parasites, or lack of nutrients and vitamins, so it is important to provide them with a healthy, high quality diet. You should keep an eye out for any of the following symptoms, which warrant a trip to the vet:

- Keeping his eyes closed or sleeping a lot
- Fluid running from eyes or nose
- Refusing to eat
- Apathetic and slow
- Noisy breathing ❖

Gang Gang Cockatoo

Buddy

This story is brought to us by Casee Roberts

Buddy came into our lives about 3 years ago. We spotted him for sale on Gumtree as a tiny 8 week old pup. After looking into his story a little more, we found that he was bought from a breeder by a lovely young mum who also had a 2 week old baby at the time. She was overwhelmed with a puppy and a baby so had to let him go. Although technically we bought him through Gumtree, we like to think of him as a rescue pup, because there are so many dogs being sold and given away online that we don't know where he would have ended up.

I usually describe Buddy's personality with one word – attitude! He is very vocal and isn't afraid to tell everyone what he wants, when he wants it. He stands next to his food bowl and grumbles and stamps his feet when he thinks it's dinner time. Beneath all that attitude though, he is a little softy. Buddy loves cuddles on the couch and loves bed time. He's not a fan of mornings, especially Mondays, and often needs to be carried out of bed. Buddy is always up for a game and loves the company of other dogs; usually picking the biggest one at the dog park.

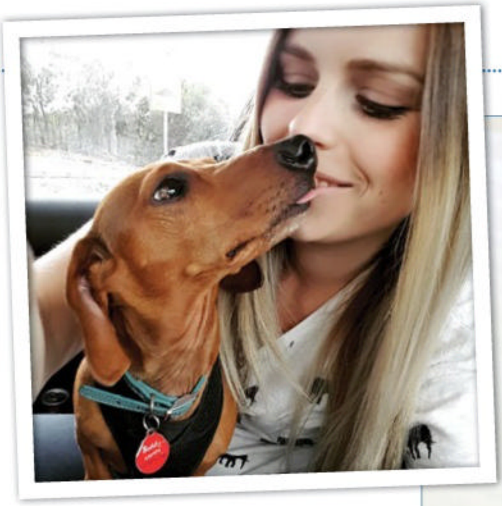
He is very vocal and isn't afraid to tell everyone what he wants, when he wants it.

Miracle Puppy

Buddy's story has been an eventful one. This time last year we thought we had lost him when I found him after a seizure, unconscious in our backyard. He was a happy, healthy puppy prior to this and it came out of nowhere. I rushed him to our local vet (Macarthur Vet Group) who did an amazing job to stabilise him, and then he was transferred to SASH. He spent 2 weeks in ICU with a couple of close calls and rough nights. He was eventually diagnosed with a portosystemic shunt and had an operation on his liver late last year. A year down the track and he is medication free and rocking at life! The vets and nurses at SASH were absolutely amazing and knew me by name by the end of Buddy's stay because I called them so often. He is now our little miracle puppy and, if it's possible, we love him even more than we did before.

Social Media Star

Buddy's Instagram account came to be because my own personal account was overrun with Buddy spam! I had no idea his account would take off like it did and the amazing friends I would make along the way. The support of Buddy's Instagram family was invaluable during his sickness and being able to share his story really kept me sane. I try to share his personality with his followers and hopefully bring a smile to people's faces when they see our little man



every day. We of course love him to bits, but I just love reading all the comments from so many people who love him too.

We absolutely love being able to share Buddy's everyday life with the world. He really is a special, quirky little pup and I enjoy being a part of what really is a giant Instagram family.

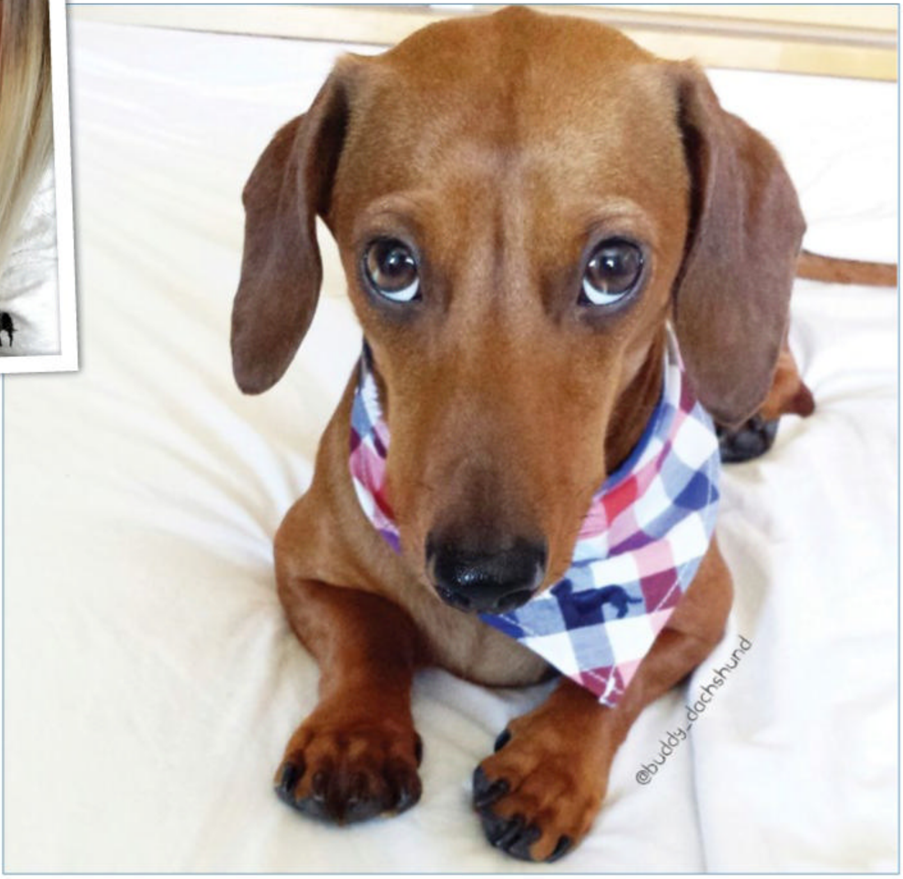
Buddy's Bandanas

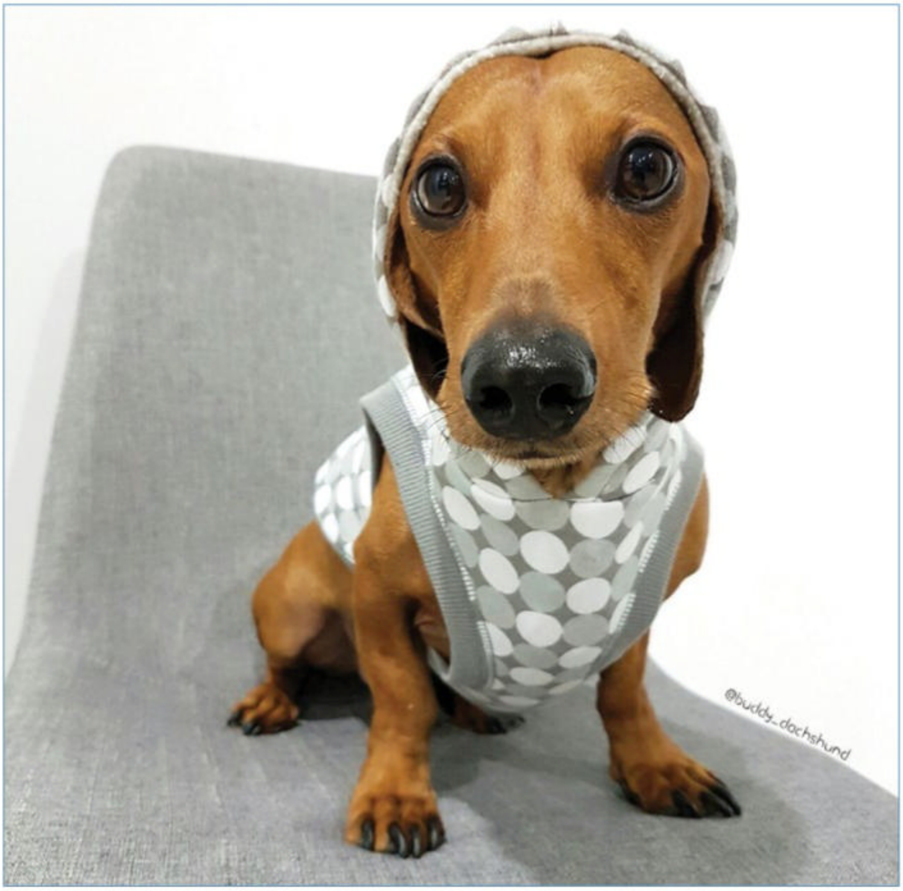
Buddy's Bandanas started about 2 years ago. I wanted to make some cute bandanas for our Instagram friends and thought it would be a great way to raise a little money for animal charities. It started out as a very small venture and has continued to grow. I absolutely love being creative and love seeing pups wearing my bandanas and bowties.

Buddy's Bandanas supports a number of charities including Sydney Dogs and Cats Home, Dachshund Rescue Australia and Pound Paws. We were recently involved in the RSPCA Million Paws Walk and try to also support the foster home, Life of Pikelet when we can. We are only small so can't donate the large amounts of big businesses, but I'm a firm believer that every little bit helps and we do what we can. We get involved in charity events like the Million Paws Walk and the Sydney Dogs and Cats Home Big Doggie Day and also donate a percentage of all profits to animal charities.

Readers can help by buying our products, or checking out the charity groups directly. They all do an amazing job and are so worthy of support. A huge help is also to spread awareness – liking and sharing social media posts is a great way to get the word out. The Buddy's Bananas Facebook and Instagram pages often share charity posts, so keep a look out for those.

Contact Details
Web: www.buddysbandanas.com
Instagram: @buddy_dachshund
Facebook: @buddysbandanasaustralia





English Cocker Spaniel

A well-bred, well trained and well brought up Cocker Spaniel is an absolute delight and joy to have in your household.

By Catherine Foote

The English Cocker Spaniel is a medium-size, working breed from the Gundog group. The name 'Cocker' comes from their origins of hunting woodcock in England. They are a hardy, adaptable, fun dog for just about every circumstance. The breed standard notes their temperament as "Gentle and affectionate, yet full of life and exuberance." It says a "Merry nature with ever-wagging tail shows a typical bustling movement, particularly when following scent, fearless of heavy cover" is typical of a Cocker. There are two strains of English Cocker Spaniels, the Show Cocker and the Working Cocker. The Working Cocker is significantly more energetic that the Show Cocker. This profile is about the Show/Pet Cocker.

Cockers are happy, funny, gentle and playful. They are also very lively, exuberant, excitable, intelligent and sometimes naughty little rascals with a flair for the dramatic. They can't just lie down – they've got to collapse in a graceful heap and then give a loud, dramatic sigh for all to hear, to ensure that everyone around them knows just how much they're suffering. They are also very sensitive little dogs, who need to be with their people. They don't do well as outside only dogs.

History

The English Cocker Spaniel's name comes from the purpose for which they were originally bred - to hunt woodcock. They were not recognised as a separate breed until 1893. Up until that time, all the spaniels, collectively known as Land Spaniels, were bred together. Prior to

Fact file

Appearance: Merry, sturdy, sporting; well balanced; compact; measuring approximately same from withers to ground as from withers to root of tail.

Lifespan: 11-13 years

Temperament: Gentle, soft, affectionate, lively, excitable, nosy.

Size: Males - 39-41cm (15.5-16in)
Females - 38-39cm (15-15.5in)

Weight: 13-15kg

Suitability: Cockers are happy, healthy, fun loving dogs and adapt well to just about any home. They can live happily in a townhouse or unit, as long as they are able to be taken out every day for a good romp in the park and to meet new people and dogs. They are beautiful with children and adults alike, and love most of all to be inside with their family.

English Cocker Spaniel

1901, Cocker Spaniels were only separated from Field Spaniels and Springer Spaniels by weight. One dog is believed to be the foundation sire of the modern English Cocker, Ch. Obo.

The English Cocker Spaniel is the most successful breed at the most popular dog show in the UK, Crufts, with seven best-in-show wins since the prize was first awarded in 1928.

While they still excel in the showring, Cockers are much more likely to be acquired as pets these days. They are very popular, and were on the top 20 list of favourite dog breeds in Australia in 2016, as found by the University of Sydney after analysing data recorded by the Australian National Kennel Council.

Appearance

English Cockers come in many and varied coat colours and patterns. They come in solid colours such as Black, Gold, Liver (chocolate) and Red. There are also black and white, gold and white, liver and white, and red and white. These colours also come in roan patterns – blue, gold, liver (chocolate), red, lemon and orange roan. There is also the Black and Tan, Blue Roan and Tan and your Tri-colour (black, white and tan).

Caring for a Cocker

Cockers are high maintenance dogs. If you want a wash and wear dog, who will happily spend most of the time outside with little to no coat maintenance, they're not the dog for you. Their eyes and ears in particular require regular checking and attention. Like all breeds with long, heavy ears, Cockers can tend to acquire ear infections if care isn't paid to their ears. The ears can also become dirty after playing, foraging or

Charlie the very special rescue dog

eating. A quick wipe with a damp cloth and a comb through after their evening meal will keep the outside clean. You also need to regularly check the underside of your Cocker's ears to make sure they are clean, have no odour and are a healthy colour – irritated or infected ears will be nasty red and feel warm to touch. A thorough brushing for approximately 20 minutes twice a week will keep the rest of their coat tangle free and is also a great way to spend quality time with your dog – they will love you for it.

The Cocker coat requires a thorough grooming about every 6-8 weeks, depending on your preferred length. If you're not able to do this yourself, you can take them to a professional groomer, who will charge you anywhere from $50-$90.

Cockers can have a stubborn streak, and be a little bossy. If they're not taught good manners from a young age they will try to take over and run the house. They can be "talkers" and like to have the last word. Being Gundogs, they are easy to train and respond very well to positive reinforcement. They excel at sports like Agility and Flyball due to their high energy levels and excitability.

Cockers make great watchdogs, but given their love of people anyone who enters their home is considered a friend and playmate. Guard dogs they are not. They are perennial puppies, and are known for their uncanny ability to wag their tail from the waist down. They enthusiastically greet you upon your return home, with the classic cocker wiggle bum dance – even if you've only been to the letterbox.

The other thing that Cockers are famous for is their love of food. They would eat all day if they could, and can be prone to obesity if their food intake isn't monitored. I personally feed my Cockers a raw, whole food diet with a wide range of foods, but as they are so adaptable your Cocker would also do well on a good quality, premium dog food from your local pet store.

Health Issues

Like all breeds of dog, the English Cocker Spaniel has a couple of things that prospective owners need to be aware of. They are prone

To anyone thinking about acquiring a Cocker, ask yourself the following questions:

- Do I want a dog that NEEDS to be inside, and a part of the family?
- Do I want an active, excitable dog?
- Do I want a 'perennial puppy'?
- Am I prepared to pay for grooms every 8 weeks minimum (6 in Summer) if I'm not able to groom the dog myself, knowing that it will cost between $50-$90 per groom? (grooming dogs properly is hard work; the groomers earn EVERY dollar they make.)
- Am I willing to pay extra attention to my dog's ears and eyes, knowing that because of their breed extra care is required in these areas?
- If you answer no to any of these questions, you might want to think twice about a Cocker. These questions are specific to Cockers and should be asked in addition to the questions that all prospective owners should ask themselves before they get any dog, such as are they willing to train, walk and invest time in the dog every day.

to Progressive Retinal Atrophy (PRA), an inherited disease of the retina in which the eyes are genetically programmed to go blind. PRA is usually first noticed when the dog is around 5-8 years old.

Another disease that prospective owners need to be aware of is Familial Nephropathy (FN) or Autosomal Hereditary Recessive Nephropathy (AHRN). While it is still rare in Australia, there are carriers, but registered, ethical breeders always have their potential breeding dog's DNA tested for both FN and AHRN.

Finding a Breeder

Make sure to do thorough research when looking for a registered, ethical breeder. You can source information about a breeder from breed clubs, purebred online forums and word of mouth.

A good breeder will have lots of questions for you. They will ask you if the puppy is going to be de-sexed and will often make it a part of the contract. They will want to know about you, your family and lifestyle, whether you have other pets, whether you have children, and what would happen to the dog if your circumstances were to change? They will welcome and encourage questions from you.

A good breeder will encourage you to visit your puppy prior to taking him/her home. They encourage you to meet and interact with the mother (ideally you will meet both parents but the mother's temperament especially is a good indicator of both the environment in which the pups are raised, and what their temperament will be when they reach adulthood).

While you're visiting the breeder, take note of the living conditions for the adult dogs. Are they clean, sanitary, ventilated? Are the adult dogs happy and confident, or timid and shy? Are they in good condition? (Bear in mind the mother of your pup may not look her best as she's caring for a litter of pups, so if she looks tired, or her coat isn't as shiny as the other dogs that's nothing to be concerned about). However, none of the adult dogs should look ill, thin or uncared for. If the breeder won't allow you to see where the adult dogs live or wants to meet you "somewhere else" find another breeder.

Good breeders breed for temperament and health *before* appearance. Remember to ask them if the parents have been tested are clear of AHRN and FN.

If you're not after a puppy, and would prefer an older dog try your local rescue group or animal shelter. There are a surprising number of adult Cockers who come into rescue, for many and varied reasons. Some have suffered abuse or trauma, others have been through family breakdown or their owner has passed away. Many a beautiful Cocker has been acquired through a rescue group.

Cockers are beautiful dogs. They are loved for their loyalty, their merry natures, their ever-wagging tails - especially when the wagging tail is accompanied by the typical Cocker bustle as they nosily make their way around the house. The long silky ears even make great hankies to wipe tears away!

Contact Details

A special thank you to Catherine Foote from English Cocker Spaniels Australia Incorporated for providing this article with detailed information.

Email: info@ecsa.org.au
Phone: 0418 611 898
Website: www.ecsa.org.au
Facebook: @EnglishCockerSpanielsAustralia

OrganicPaws

Maintaining Animal Wellness

Organic Paws recipes are made with a variety of fresh certified organic meats, ground bone and organs complemented with cod liver oil to help promote better health, more energy and general well being for all stages of your companion animal's life.

5 varieties of fresh raw meat meals

• Beef • Lamb • Chicken
• Roo • Fish and Chicken

Australian Certified Organic
CERT. NO. 11269

www.organicpaws.com.au

www.naturapetics.com.au

Neempet™

EXPLORING THE POWER OF NEEM
THE NATURAL WAY TO TAKE CARE OF YOUR PET

Glorious blends of natural neem & essential oils combine perfectly to take care of your pets- naturally

Ultra-Sensitive *Shampoo*
with neem, calendula & olive oil

Grooming *Shampoo & Conditioner*
with neem & vitamin E

Liquid *Soap*
with neem, citronella & niaouli

Soap *Bar*
with neem, tea tree & citronella

Powder
with dried neem leaf

Pet *Fresh*
with neem, pine, perppermint & lavender

Pet & Equine *Spray*
with neem, citronella & niaouli

Skin *Solution*
with neem, lavender & niaouli

Stockists include PETstock and Pet Cafes Australia-wide

NATURAL ECO FRIENDLY PRODUCT

AUSTRALIAN MADE

Dog goodies, toys treats & bones. Delivered to your door monthly!

Light up your pups' Christmas with WoofPak!

Order by Dec 13 to receive our special Christmas box.

At WoofPak we really LOVE dogs. That's why each month we send our exciting paks full of treats, toys, bones and surprises handpicked and packed especially for your dog. If you dont have a pup of your own, you can also send WoofPak as a gift. Go to our website to find out how it works and to order yours today!

Love your pooch back today.
www.woofpak.com.au

WOOFPAK

Australian Mastiffs

DOGS OF DISTINCTION

RARREST OF RARE BREEDS

www.australiasbestbodyguards.com.au

PERSONAL PROTECTION DOGS

35 Years Experience Breeding & Training
Bred on Temperament & Ability
THE ULTIMATE COMPANION

PUPS from: $3300 incl

PH: 0417 407 917

TRAINING CONSULTANCY AVAILABLE